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Get beach ready in just 4 WEEKS P131

TRAIN LESS, **RUN FASTER** 

**HOUR MUSCLE** MENU<sub>P57</sub>

**OFFICE-PROOF YOUR BODY** 

6 moves to undo the damage

**SHORTCUTS** TO GET YOU **STRONGER** 

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LERIUM &

#### **DEVIL MAY CARE**

Charlie Cox explains how he got into superhero shape to play Marvel's blind avenger Daredevil p24

#### **BIGGER AND BETTER**

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#### Mens Fitness

# EDITOR'S LETTER



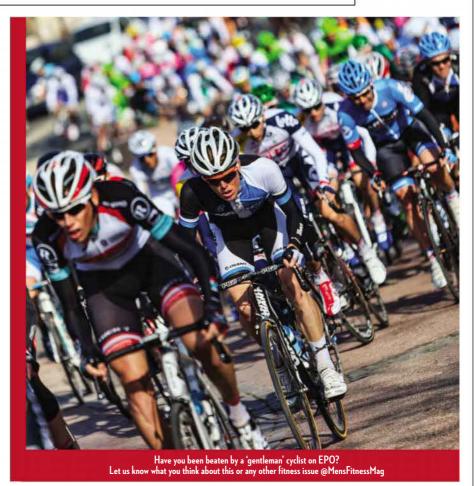
Searching for an advantage in the field of athletic accomplishment - whether there's wealth, fame or

just personal pride on the line – is nothing new. Ancient Olympians stuffed themselves with wine, hallucinogenic mushrooms and animal testicles in the search for a (legal) edge. By 1904, marathon runners had graduated to a (still legal) dangerous mix of brandy and strychnine. These days, things are a bit more sophisticated – as you'll read in this issue, £2,000-a-litre ketone drinks are the new goat's balls – but one thing remains: the promise of getting better, with less effort, is a hell of a motivator.

This can be a good or bad thing, depending on just how you approach it. It's certainly depressing, for instance, to see the Commission for Reform in Cycling report that Masters races are now being won by middle-aged businessmen on EPO - men who have very little to gain, risking their health for a podium space.

On the flipside, this relentless push for improvement doesn't always have to be harmful, and its trickledown effects could benefit us all. The research into transcranial direct current stimulation by Red Bull labs, for example, ought to teach us more about how the brain works as well as helping elite athletes.

It's a fascinating area but if it doesn't appeal to you, don't worry. The rest of the issue's packed with much more conventional ways to improve, although naturally we've mercilessly sought out



only the most efficient techniques and mined them for the essentials. On p54, for example, you'll find out how Jon Albon took an unconventional approach to become the world's fastest obstacle racer, and on p28 Born To Run author Christopher McDougall explains why parkour will make you a better runner.

We also explain how an anabolic diet can teach your body to run on fat (p96), give you a plan that'll double your dip numbers in less than a month (p110) and introduce the drinks that can make you a better endurance athlete (p102). It's a hell of an issue, and the only performance-enhancer we needed to make it was good, strong coffee.

Joel Snape



#### $IN\,THIS\,ISSUE\,\, \textit{Just some of the knowledgeable pros you'll find in}\,\, \textit{MF}\, this\, month$



#### CHRISTOPHER MCDOUGALL THE RUNNING MAN McDougall brought the secrets of the remote Tarahumara tribe of Mexico - many of whom

run huge distances without injury or fatigue
– to the masses with his best-selling book
Born To Run. Now, inspired by Second
World War resistance fighters, he's
investigating other ways to get fitter
and stronger, as he tells MF on p28.



# ANTHONY JOHNSON HEAVY HITTER

Do you follow the World Series of Fighting? How about the Titan Fighting Championships? After

failing to make his weight one too many times in the UFC, Johnson ended up fighting in these much less glamorous promotions. Now he's got a shot at Jon Jones's UFC light heavyweight title. Read about his journey back to the top on p56.



#### LIAM PHILLIPS BMX SUPERSTAR

While the likes of Hoy, Wiggins and Cavendish have become household names, Phillips has sneaked under the

radar to become arguably Britain's most successful active cyclist. The 2013 BMX world champion and 2014 UCI Supercross series winner puts his meteoric rise down to the total dedication he shows in the gym, as he explains on p115.

# INTRODUCING A BETTER WAY TO GET VIRTUALLY EVERY HAIR



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# THE **MF**ERS

The staff of Men's Fitness are always in the thick of the action





Ben, deputy editor

lived up to its name, thanks to this icy water

feature at the start of every lap of the 15km trail

run and 15km mountain bike course. By the end

my aching limbs were caked in the brown stuff.

Want some of the same? Visit humanrace.co.uk.

The 2015 Mudman Duathlon certainly

#coldfeet

#### Ped, art director #hardpushed

My colleague James Young and I were put through our paces in a strength training session at Embody Fitness to test the new Glenmuir base layer range. I was determined not to let him beat me in the dumbbell push press round after losing out on the sled pulls.



#### Sam, fitness editor #shoveoff

It's nauseating, it builds loads of lactic acid, and yet it's fantastically empowering - it's the sled push. At least that's how I felt after three rounds of 40m shoves at the plush new Stoke Park gym in Buckinghamshire. Shift fat, build muscle, feel like a boss - tick, tick, tick

#### Matt, features writer #trapstar

Like many people, my mobility and posture are terrible from being stuck behind a desk. I'm four weeks into a 12-week training plan designed to fix that. If that makes it sound easy, my expression during the trap bar deadlift above should clarify that it's really not.

#### **GET INTERACTIVE**











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# I know people who soak almonds before eating them. Is there any scientific backing to this?

Matt, Bristol

'This has been a topic in the alternative nutrition world for some time,' says performance nutritionist Ben Coomber (bencoomber.com) 'The theory goes that soaking breaks down phytic acid in the nut so the body can digest its nutrients more effectively.' Sounds good, but does it work? 'Nature has many defence mechanisms against being eaten, including toxins, but rarely in amounts that are problematic,' Coomber says. 'So until science backs this up. I'd continue to eat those almonds straight from the bag."



## Will speed-laces improve my triathlon time?

Hutton, London

These small bungee cords allow you to tighten your shoes quickly but unless you're already pushing the limits of your ability, they won't carry you onto the podium. However, they might make your life easier. 'Try them and find out if there is a consistent fit every time you pull them on and if you can adjust the fit while running,' suggests British Triathlon Federation coach Vanessa Gunner (serpentine.org.uk).

#### I'm tall and lanky and struggle to do back squats, but people keep telling me it's pointless to train without them. What do I do?

Corey, Manchester

'Split squats open up your hip flexors, allowing you to lower safely into the squat,' says W10 Performance coach Steve Kowalenko. But it's not just your hips you need to focus on. 'You also need to work on your thoracic muscles with exercises such as seated rows, which enable you to keep your chest upright and hold the bar safely in place.'

# MAQ

EVERY MONTH WE ANSWER THE KEY FITNESS QUESTIONS



I have to fit my training around my family and long working hours, so the only time I can really train is 6am - and it's a struggle. How do I make it easier?

Danny, Leicester

We admire your dedication, Danny. 'Planning is key for early-morning workouts,' says personal trainer and nutritionist Glenn Higgins (glennhigginsfitness.com). 'At the start of the week, set in stone the days you are going to train and plan the sessions. The night before the early-morning session, prep your preworkout meal and lay your gym gear out ready to jump into with your bag packed.' Finally, put your favourite tunes on – a study in the *Journal Of Sport Behavior* found that music reduces perceived exertion in sub-maximal exercise.



#### last issue's issues

Last issue you said microwaving pasta had some health benefits. Isn't microwaving food generally bad for you?

Keith, Powys

Short answer: no. 'Introducing heat, water or air to food will destroy some nutrients, so you want to keep exposure to a minimum,' says Jared Williams, owner of Fresh Fitness Foods. 'In fact, microwave cooking exposes most foods to less heat and water for a far shorter period of time, which means fewer vitamins and minerals are destroyed during cooking.'





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### Above board

Stand-up paddleboarding – that's the gentler little brother of surfing, right? Wrong. SUP actually allows surfers to catch waves that are otherwise unreachable without a Jetski. Jamie Mitchell, the man with the paddle, says this particular wave in the Maldives was ideal 'because of the mix of warm tropical water and the smooth barrel of the wave'.

Aside from the obvious fact you're holding a paddle, catching a wave is slightly different in paddleboarding. 'Because you're standing you can see the wave earlier,' says Mitchell. 'It helps you get into a better position and you can get into the wave earlier.' The upshot? You can go faster. 'Seeing a wave like this makes you feel nervous and excited at the same time before instinct takes over and the adrenaline kicks in. Then comes the huge smile after.'



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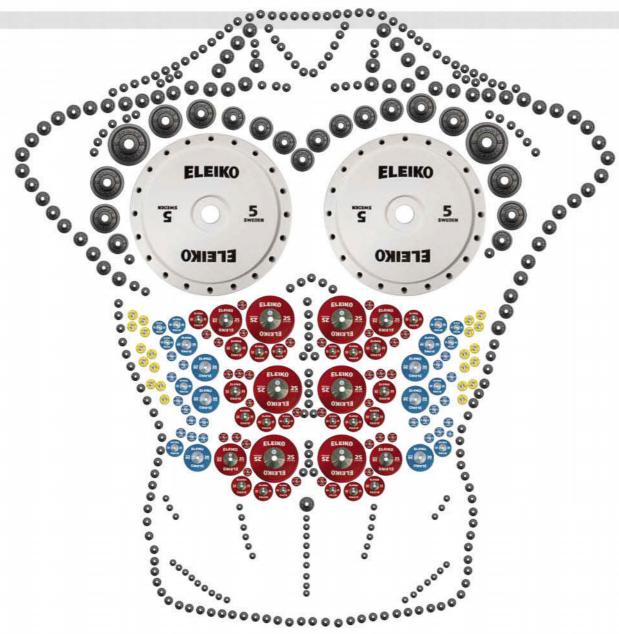
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TESCO

# PGRADE

P16 HOW LONG WILL YOU LIVE? P20 TRAIN LIKE A GAME OF THRONES WARRIOR P22 IOMIN PRAWNS P24 DAREDEVIL STAR CHARLIE COX P32 MULTIVITAMINS; YES OR NO? P40 OFF-ROAD SHOES TESTED



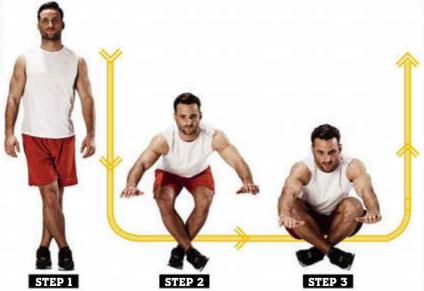
# **Waist disposal**

#### Why weight training is your key weapon in the battle to stay lean

No matter how good your diet, there comes a time in every man's life when the battle of the bulge seems unwinnable. Whether that's sooner or later for you, don't worry - you can always call in the reinforcements by using the most effective weapon against agerelated abdominal fat: strength training. Research from the Harvard

TRAINING

School of Public Health showed that men who did a 20-minute weight session each day displayed less of an increase in belly blubber than those who spent the same time on aerobic activity. If that's all the time you have, do five dumbbell squats and five overhead presses every minute on the minute for a guaranteed fat-torcher.



#### LAST MAN STANDING

#### TAKE THE TEN-SECOND TEST THAT CAN PREDICT YOUR LIFESPAN

Quick: can you go from standing to sitting cross-legged and back without relying on your arms for assistance? Hopefully you answered yes, because according to a study published in the European Journal Of Preventive Cardiology this simple test can predict longevity. Doctors developed a scoring system and found the correlation between doing the move with ease and living longer was so strong that every point increase was linked to a 21% decrease in mortality from all causes. Outstanding.

#### THE TEST

Start with 10 points and deduct one each time you use hands, knees or the sides of your legs for support, and half a point for losing balance completely.

#### **BULLY FOR YOU**

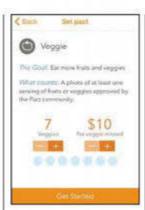
THE LATEST FAD IN FITNESS TECH? APPS THAT SHAME YOU INTO SHAPE



#### CARROT HUNGER Free, iOS

Calorie-counting apps usually sit in passive non-judgement of what you put in your piehole. Not Carrot Hunger. Eat badly and the app's snarky AI delivers a verbal telling off. It can even send embarrassing tweets on your behalf. It should probably be called Stick.





#### PACT Free, Android and iOS

This app actually pays you a small amount for exercising, which doesn't sound too mean until you realise it works both ways. At the start of each week you decide how often you'll train and how much you want to stake. Miss a session and lose cash. Motivating.



#### AHERK! Free, web

A 'goalorientated selfblackmailing service', this website gets you to set a target and upload an embarrassing picture of yourself. If you don't achieve your goal in time, your moment of shame gets indiscriminately posted to all your social media accounts.



#### RACE RECOVERY

It's marathon season, and recovery is half the battle.
Running coach George Anderson (intelligentrunning.com)
recommends stretches to help you recover right after and in the days following. Hold each stretch for 30 seconds and repeat on both sides.



#### HIP FLEXORS

Stand in a lunge position with your feet hip-width apart. With your heel off the ground, straighten your back leg until you feel a stretch just under your hip.



#### GLUTES

Lie on your back, place your hands on your left knee and bring it towards your chest. Place your right hand on the ankle and draw your shin towards your left shoulder.



#### **HAMSTRINGS**

Prop your right heel up on a surface that is a little lower than knee height such as a chair or bench. Flex your foot. To increase the stretch, bend forward toward your flexed foot.



Deep Heat Max Strength is a medicine. Read the label.

Deep Freeze Cold Spray

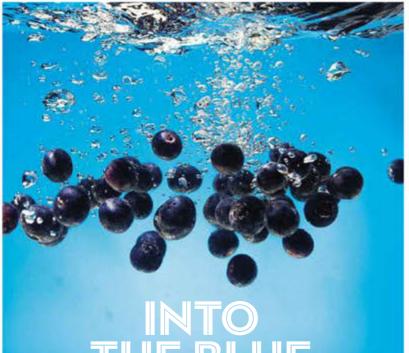






is a medical device.





Eat blueberries for a healthy heart

The debate rages on over exactly how super some 'superfoods' are, but blueberries have once again proven their health credentials. We already know they're high in antioxidants and are associated with improved memory and a ruthless immune system - now we can add heart health to the growing list of benefits. In blind tests, researchers from Florida State University found a handful daily could reduce blood pressure and stiffening of arteries, which have strong links to heart attacks and strokes. Let's just start a new category called 'ultrafoods' and make the blueberry its founding member.

#### FRUIT PHARMA

Swap pills for fruit - and get better naturally



Strawberries have anti-cancer properties



Grapefruit boosts metabolism



**Pomegranates** raise testosterone

### **BALANCE** THE SCALES

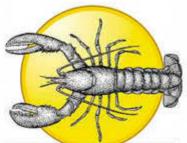
Choose your fish wisely - and avoid a heavy metal meltdown

Should you be worried about toxic mercury in fish? The answer, according to a recent study: it depends what's on your plate. Follow the Natural Resources Defense Council's new guidelines to top up on Alzheimer's-fighting omega 3s without the unpleasant extras.



#### THROW IT BACK

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#### **LOVE KOMBUCHA**

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GAINS OF THRONES According to archaeologists, medieval swordsmen developed killer physiques via heavy weaponry. Harness their modern-day equivalents for an iron body

#### OLD-SCHOOL Sword NEW TOOL Clubbell

The shield-cast is the go-to clubbell move - or you can do it with a dumbbell. Hold it vertically in front of you, then bring it around your head - as if you're parrying an overhead chop - and return. Repeat for ten reps. If you haven't won by then, you're in trouble.



#### OLD-SCHOOL Armour NEW TOOL Weighted vest

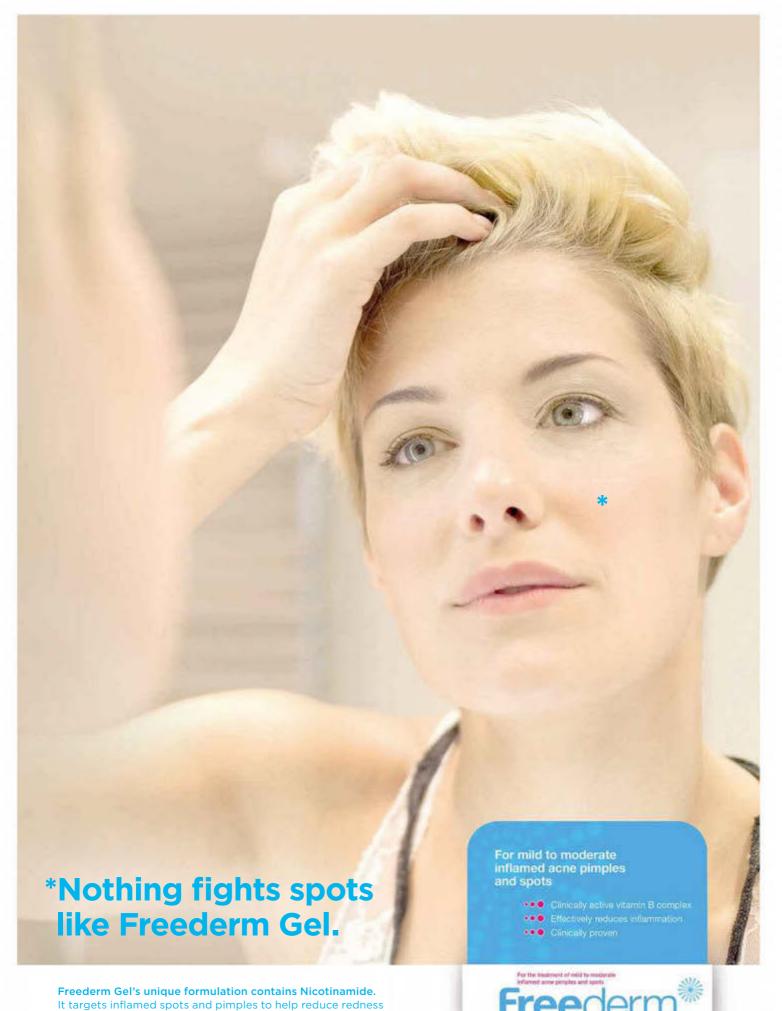
Lannister heavy Gregor 'The Mountain' Clegane wears a suit so heavy that 'no normal man could wear it', but you needn't go that far. Do weighted stair runs - sprint up, walk down – and aim for five sets, depending on the size of your castle.



#### **OLD-SCHOOL Bow NEW TOOL Resistance band**

You only need one move here: the archer's draw. Hold the end of a resistance band in one hand, hold your arm up straight in front of you, then 'draw' the other end back across your chest with your other hand - like it's a bow, basically. Unlike a real bowman, make sure you work both sides.





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Prawn supremacy

Ready to feel the burn? Ramp up your fat loss with a Thai-inspired seafood feast



Most Thai dishes use a mixture of chilli, coriander and lime to create delicious food that also happens to be healthy. The capsaicin in chilli encourages your

body to burn more calories, coriander helps maintain blood sugar levels to keep you feeling full, and the vitamins A and  ${\sf C}$ in limes work together to help strengthen your immune system. Best of all, it's much, much quicker to make than chicken tikka.

#### **CHILLI AND LIME TIGER PRAWNS**

#### **INGREDIENTS** (SERVES 1)

150g tiger prawns / Juice of 1 lime / Handful of fresh coriander, chopped / 1tbsp rapeseed oil / 1 large red chilli, sliced

#### **TO MAKE**

Words Max Anderton Photography Lauren Mclean Food styling Karol Gladki

- Heat the rapeseed oil in a pan over a medium heat and fry the prawns for four minutes, turning halfway through. Add the chilli a minute before the end.
- Mix the prawns and chilli with the lime juice and serve garnished with the coriander.

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#### BETTER THE DEVIL Mix weights with high-intensity cardio to build functional muscle like Cox

### PROWLER SPRINTS

If your gym doesn't have one, use a weight plate on a towel (and a shiny floor). Go for 20m pushes every minute, on the minute, for a minimum of ten minutes.



#### ROLLING HILLS

'If you've only got 20 minutes for cardio, do this,' says Cox. 'Run on a treadmill at incline five, and raise it by one every minute until you hit 14 – then go back down.' And collapse.



#### BAG INTERVALS

Murdoch's dad was a boxer, so he does a lot of his brooding while pounding a bag. Whatever mood you're in, do 15sec of jabs and crosses. Rest for 45sec and repeat ten times.



# **CHARMING DEVIL** CHARLIE COX

Two years ago the English actor had never picked up a weight. Now he's Marvel's newest screen superhero

**YOU HAVE TO** 

**GET PAST THE** 

**POINT WHERE** 

**IT HURTS'** 

If you've seen Charlie Cox on screen before - as Boardwalk Empire's friendly IRA man, for instance, or The Theory Of Everything's amiable choirmaster - he probably didn't strike you as the dark, brooding type. But now he's the flawed hero in Marvel's new Daredevil TV series - and to prepare for the role the Londonborn Cox went full leotard, hitting the barbells and bags to craft a physique worthy of lawyer/vigilante Matt Murdoch.

First things first: it seems as if every Marvel franchise comes with a shirtoff scene. Was it intimidating to know you'd be going up against Captain America and Thor?

Well, Daredevil doesn't have any superpowers, so it's not out of the question that he

could have more of a Bruce Lee physique. I was about 72kg and quite skinny coming in, and producer Steven DeKnight said, 'We'd love it if we could get you to 175lb [80kg]'. I started eating tons of chicken, broccoli,

sweet potato, rice and pasta. I put carbohydrates in all my protein shakes, so I'd have a protein shake with sweet potato in it. It's actually really nice.

#### Sounds like you must have a really good blender. Did Marvel set you up with a trainer too?

They set me up with this no-joke gym. I felt like a little boy. I was introduced to a trainer and at first I just did what I was told, but then I gradually developed an interest in it. Even though we wrapped over two months ago I've kept it up. I really enjoy the process.

#### What's a typical workout for you?

I did the major body parts once or twice a week and then a full-body workout to keep me lean. I'd turn up, run for five minutes, then do chest and back exercises, then run for five minutes and so on. You develop a real sweat and you know you're getting a major workout. I had to stop using the prowler, though, because it made me want to vomit. I fucking hate it.

#### Daredevil's also one of Marvel's premier ass-kickers. How much of that did you actually do?

As much as they'd let me. I love that stuff, but I'm not a trained fighter so my technique isn't brilliant. In every fight scene they found pieces for me to do that I could pick up pretty quickly, then they make it look good in the edit. My stunt double Chris was amazing and the mask means you can get away with a lot, but we really tried to use as much of me as possible.

Daredevil seems quite dark compared

#### with the rest of the Marvel Universe...

It is intended to be much darker. There's a lot of blood, and thematically much more adult. In the Daredevil comics many of the famous series are very dark. I

think a lot of Marvel fans will be thrilled.

#### OK, final question: what's your number one tip for a busy man - a lawyer with no superpowers, say - who wants to get in better shape?

Here are the things that helped me. First, find out what time of the day you train best at. I can't go to the gym at 5.30. I just can't. I'd much rather go at 10pm. Second, you have to get through the first week. Get past the point where it hurts and you're walking like John Wayne because you're so sore, and then you're in. The last thing is that if you can't get out of the house, do something like the Insanity workout. I put one of those DVDs on and it absolutely destroys me. If you're just looking to get a sweat on and lose a bit of weight, do that two or three times a week and you're golden.

Daredevil is on Netflix from 10th April





### Can I build my chest without benching?



bench?' It's a question that crops up in any gym-related conversation, and any guy knows what it means. It's a fun exercise and lets you lift heavy weights, which is great for your ego. But it also carries significant risks.

Benching forces your arms and shoulders into an unnatural movement pattern by locking them in a straight line. This stresses your shoulder and elbow joints, and can lead to injuries. If you were moving a heavy load in real life, you wouldn't do it with your arms wide apart and your elbows up by your ears. You'd keep everything tucked in by your sides.

#### Pressing issues

I've seen many experienced lifters who have never bothered mastering the press-up, but done correctly, it's an extremely effective full-body exercise and a crucial first step to building big pecs. The key, as with most exercises, is form.

Adopt a plank position, with feet together and hands shoulder-width apart - any wider places too much stress on your shoulders. Spread your fingers wide and rotate your shoulders so the 'pits' of your elbows face forwards. Keep your body straight, your quads and glutes tensed and your core braced.

Lower yourself, without arching your back or letting your hips sag, until your nose is 1cm off the ground, then press back up, keeping your elbow pits facing forwards. Build up until you can complete three sets of ten to 12 reps with strict form.

#### Best of the chest

Once you've mastered the press-up, you need to progress to more challenging exercises. My favourite is press-ups performed on gymnastics rings. The basic starting position and movement pattern are the same but the rings make it less stable. You can increase the

difficulty further by elevating your feet on a box, bringing your hands down to your waist during the lowering phase or wearing a weighted vest.

A simpler bench press alternative is the dumbbell chest press. The key is to keep your hands and elbows at 45° to your body to maintain a natural movement. If you turn your wrists too far inwards you end up in the same shoulder-damaging position as in the bench press. Keeping your palms facing is the safest option, but it places more emphasis on your triceps than your chest - 45° is a happy medium.

Structure your workouts correctly [see below] and these moves will allow you to build a heroic chest without the injury risks associated with benching. jasonferruggia.com

#### STEP AWAY FROM THE BAR

Ferruggia's bench press-free chest workout exercises your pecs without putting your shoulders at risk

#### **INCLINE DUMBBELL PRESS**

SETS 3 REPS 5-8 REST 90SEC

'Set the incline on the bench at 40° or less. Any higher will place too much emphasis

on your shoulders rather than your chest.'



#### **CHEST DIP**

SETS 2 REPS 6-8 REST 90SEC

'Maintain a forward lean throughout the move. This will ensure you're working your chest rather than your triceps.'



#### **RING PRESS-UP**

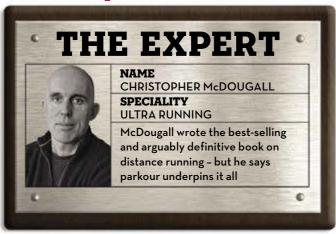
SETS 2 REPS 10-12 REST 60SEC

'Keep your arms shoulderwidth apart, with your hands at a 45° angle to your body. If you don't have gymnastics rings, use a TRX or similar suspension trainer instead.





### Can parkour make me a better runner?



hat practice would you say is the foundation of all human Weightlifting? Martial arts? Most people expect me, as an ultra runner, to say long-distance running. In fact, I believe it's parkour. It's the art of balance, movement and physical innovation.

Parkour is also known as free running - some maintain a distinction between the two, although they're essentially the same thing - but in reality it's free jumping. When you jump, you're releasing more energy than you're storing; when you land, you're also using your natural suspension. And running is really just a series of jumps. Parkour's approach of exaggerating the running motion with jumps helps make each individual bound more effective, and also makes you better at moving in multiple directions.

#### Former glories

Unfortunately, running often means just doing one repetitive motion. People get turned off, they find it monotonous and boring. If you think in evolutionary terms, running meant we were chasing something, being chased or covering natural terrain. In none of those circumstances do you ever go in a straight line.

I guess running's come to this because it's easier to go in a straight line. We've built our little hamster wheel and now we're saying, 'Shit, what am I going to do now? I can't change direction, I can't crawl, I can't climb.' Running has its place but it shouldn't be the only exercise you do.

#### Jump for joy

What I find so appealing about parkour is that the simplest moves, like the turn vault where you hop over waist-high objects, are elementary. Anybody can do it - but perfecting it is a never-ending quest.

The best thing is you can benefit almost immediately.

After just three or four repetitions you'll find you start getting stronger and more efficient. Often we become specialists in one kind of movement and forget our bodies are capable of doing much more.

If you're looking for efficiency in any activity, you do that by focusing on skill and parkour is based on skill, not strength. You can try to 'muscle' the turn vault but it's not going to happen. Once you realise it's about how you shift your balance and weight, you'll fly right over the thing. And this applies to everything from pivoting on one leg to, yes, improving your stride when running.

Christopher McDougall is the author of Born to Run and the new Natural Born Heroes, available now. Visit profilebooks.com

#### TAKE A RUNNING JUMP

#### Add parkour to your runs for more efficiency and versatility



**KEEP MOVING** 

Got a fence to hurdle? Don't stop on the other side.

'Cats are running the second they land,' says Erwan Le Corre, who trained with McDougall. 'Copy them and you'll decrease impact and be ready to flow into your next move.'

**BE PRECISE** Stay upright for

precision jumps to your training. 'Pick a spot two feet [60cm] in front of you, and jump and land on it as softly as possible - this will improve your balance and loosen up your legs,' says McDougall.

longer by adding

#### **GET LOW**

'Move on your hands and feet at the same time - it

improves balance and trains you to do more than one thing at a time,' says McDougall. 'An infant can do it, but if you're 25 or older you need to reactivate that hand/foot co-ordination.'





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### Can I beat jet lag with food?



our body clock can be disrupted by short-haul flights and ruined by long-haul ones. Even if you're not affected by jet lag, simple travel fatigue can lead to dehydration, illness and inferior performance. But it doesn't have to be like that - there are easy ways to avoid these problems.

Plane cabins are hotbeds for bacteria. Anti-bacterial hand gels will help, but germs spread in the dirty recycled air too. There's some evidence that probiotics protect you from illness so take them for at least a week before you travel.

Magnesium and zinc help to boost the immune system. They also help relax your muscles so you can sleep on the flight. Tea contains a compound called theanine, which also helps with relaxation.

Get to the airport early enough to have a meal. Broth with noodles for non-starchy carbs, chicken for protein and vegetables for fibre ticks all the boxes. Being full when you get on the plane means you can go to sleep right away and skip the dubious plane food.

Because of the dry air in the cabin, hydration is important. Pick up a large bottle of water when you're through security and add sachets of electrolytes and salts to it to aid water absorption. Drink the water to a schedule. On an eight-hour flight you'll need to drink three litres, so schedule your sleep so you don't have to wake up to go to the toilet. And plane food is often low in fibre so pack some apples for the flight.

Do some exercises. Stand up, draw your bellybutton in and slowly rotate your trunk left and right for 30-second bursts every two hours.

#### Back on terra firma

On landing, don't devour the first exotic-looking food you see - stick with your nutritious snacks. If you want to exercise,

take it easy at first. Your back may be compromised after a long flight so your first session should be about loosening up and stretching. Build it up so you're back working at 100% no sooner than the third day.

If you need to perform, avoid excessively spicy food that can affect your gut health - there will be different bacteria in the local food than you're used to. Pack some familiar foods such as porridge or dried fruit, but don't be afraid to introduce local flavours into your diet to keep it interesting and fresh that's what visiting new places is all about.

Glenn Kearney is head sports nutritionist for Etixx UK, the gold standard for sports nutrition. For more info, visit etixxsports.com/gb

#### DAMAGE LIMITATION

#### Give long haul short shrift by packing these travel essentials

#### SHAKE IT OFF

'Pack whey protein sachets, one for the flight and several for later to make into smoothies,' says Kearney. Avoid clumpy shake by keeping the powder separate in this 800ml shaker. SmartShake XL Gunsmoke, £14 smartshake.co.uk

#### **GET COSY**

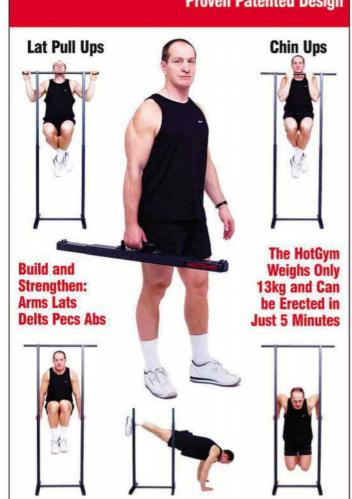
'A few hours of sleep will do you wonders. Take a pillow, use earplugs, an eye mask and noise-cancelling headphones. Sennheiser's mini cans will block out those screaming babies. Sennheiser PXC

250-ll, £140 sennheiser.com

#### MIX IT UP

'Pack a small portable blender in case the hotel grub isn't up to scratch. Just add oats, milk and berries for a nutritious smoothie.' This compact blender has a sliding lid so you can slurp your drink on the go. Hamilton Beach Single Serve Blender, £13.40 amazon.co.uk

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### Do I really need to take multivitamins?

#### **YES**

says Patrick Holford, best-selling author of The Optimum Nutrition Bible and member of the Orthomolecular Hall of Fame





#### NO

says Dr Saverio Stranges, associate professor of cardiovascular epidemiology at the University of Warwick and consultant physician in public health medicine

itamins and minerals assist the body's basic functions, and the only way to get enough in our diets is through supplementation. supermarkets mass-farming techniques were introduced, the average diet consisted of fresh, organic food with high levels of nutrients. That's not the case any more. In fact, one study on the average Victorian working class diet found it was so rich in

micronutrients that nowadays the only way we can hope to compete is by using multivitamin supplements

The optimal intake of vitamin

C, for example - which fights infections, lowers risk of disease and boosts immunity - is around 1g per day. You would have to eat around 20 oranges to get that much, and most people only consume onetenth of a gram each day. Likewise, with bone-strengthening vitamin D, it's impossible to get enough from diet and sunlight (particularly in Britain).

deficiencies These further exacerbated by the stresses on the body that frequent workouts cause. Muscles relax and contract by using calcium and magnesium, energy is made using vitamins B and C, and the byproducts of energy creation are detoxified using antioxidants. Therefore, it makes sense that a higher

intake of nutrients results in better athletic performance.

Vitamins minerals required for every function the human body performs,

from making energy to building muscle, keeping immunity strong and staying free from disease. The modern diet simply does not provide high enough amounts, so supplementation is essential, especially for those who exercise.

patrickholford.com

'A MODERN

DIET

**DOES NOT** 

**PROVIDE** 

**ENOUGH'** 

he gold standard of clinical trial evidence does not support using multivitamin supplements chronic disease prevention. What's more, the idea that the

more micronutrients we have in our diets, the better, is false. For example.

ON MULTIselenium is found VITAMINS IS in most multivitamin supplements **BIASED**' because of its antioxidant properties. However, when you obtain selenium from natural foods its effectiveness is optimised, and there's no physiological evidence that suggests additional

dant potential. Most research on multivitamin supplements is financially driven and therefore biased. Plus, studies are carried out on the well-fed Western population. To tell us something of worth, clinical trials should be conducted in, say, sub-Saharan

selenium supplementation will

increase your body's antioxi-

Africa where there are macronutrient deficiencies.

If anything, evidence shows potential adverse effects of supplements. One study on vitamin E and sele-

**'MOST** 

RESEARCH

nium was stopped after people taking the former experienced higher cancer risks and those taking the latter experienced increased risks in regards to

diabetes. A number of studies from Johns Hopkins University in the US show similar risks from high doses of vitamin A and vitamin E supplements. It's frightening when supplement manufacturers ignore research for financial benefit.

The bottom line is - with the possible exception of vitamin D - you probably get enough micronutrients from diet. Topping up with multivitamins will burn a hole in your pocket at best, and negatively affect your health at worse.

warwick.ac.uk



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# Over the wire

#### The right headphones will make you faster - no strings attached

It's a well-established fact that music can boost physical performance, with one US study even suggesting that the effect can increase effort by 15%. The problem is finding a set of headphones that can cope with the rigours of intense training. The Kickstarter-funded Bragi Dash may well be the solution you're looking for. As well as being totally wireless, sweatproof and waterproof, these earphones record heart rate through your beating eardrum to help you monitor your workout's intensity. If that's not enough, there's also 4GB internal memory for storing music and heart-rate data so you can go entirely hands-free. Your ears will thank you. £226 bragi.com (available from May)

#### **BEAT YOUR PB**

Music with 130-140 beats per minute (BPM) is best for strength training because it encourages correct tempo up on the first beat of a bar and down on the eighth. Amp up your workout with the best 130-140BPM rock and rap tunes of 2015 (so far).

Skepta	'Shutdown'
Courtney Barnett	'Pedestrian At Best'
Hudson Mohawke	'Chimes RMX'
Brenmar	'Award'
Sleater-Kinney	'No Cities To Love'
Leikeli47	'C&C'
OT Genasis	'CoCo (Onderkoffer Remix)'
The Weeknd	'Often'

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Spring into action

The essential new kit to get you running in comfort and style this season

#### ARC'TERYX ACCELERATOR ZIP NECK TOP

£70 arcteryx.com

The insulation provided by this midweight top's long sleeves and high collar protects against chilly winds, while the super quick-drying material disperses moisture after a rain shower. It also offers UPF45 sun protection in case the sun miraculously makes an appearance.

#### GORE AIR 2IN1 SHORTS

£50 goreapparel.co.uk

Wearing underwear while running is a recipe for chafing. These have an inner short to eliminate that problem and also creates a compression effect, which encourages even blood flow to help reduce muscle fatigue. Plus no-one will get an unintended eyeful, however acrobatic your stretching routine.

#### 3 BROOKS RAVENNA 6 SHOE

£110 brooksrunning.co.uk

The Ravenna 6 straddles the line between a neutral and support shoe perfectly. It gently guides your foot so the pressure is evenly dissipated with every stride and encourages a smooth heel-to-toe transition to help reduce your chances of picking up a misalignment injury, no matter how erratic your gait.

# THE EXTRA MILE

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#### JABRA SPORT WIRELESS+ **HEADPHONES**

£200 jabra.co.uk

Secure headphones are a must for listening to tunes while running. This pair combines Dolby-quality sound with a built-in heart rate monitor and real-time voice coaching.



#### **NIKE RUN X2 SUNGLASSES**

£120 shadestation.co.uk

Squinting saps your energy and turns long runs into shade-chasing interval sessions. Nike's Run X2 sunglasses kill glare and are lightweight with soft silicone, so they won't aggravate your nose.



#### YURBUDS ERGOSPORT ARMBAND

£20 yurbuds.com

You'll need an armband if you want to run to music. This one is made from sweatproof neoprene and has a waterproof cover that allows you to use your phone's touchscreen through it.

Vords Max Anderton Photography Danny Bird







Shift your training up a gear with the best upgrades on classic home gym kit

#### METAL RHINO SKIPPING **BATTLE ROPE**

From £29 metalrhino.com Most skipping ropes are getting thinner, sleeker and more aerodynamic - ideal for efficiency, but less so for fat loss. Increase the intensity with Metal Rhino's custom heavy rope that requires more strength to swing and a higher jump to clear.

Best for Improving cardio and burning fat



#### **KO8 TRAINER**

£98 ko8.co.uk

Attach this to a door to do a host of bodyweight moves with adjustable difficulty. Unlike other suspension trainers, the KO8 also has resistance band attachments so you can do cable machine-style exercises. Flye-ing tonight?

Best for Bodyweight moves with added oomph



#### **IRON GYM SPEED ABS**

£25 combatandstrength.com Roll-outs should already be a part of your core routine, but form is key. This enhanced version of the traditional wheel adds resistance as you extend out and assists as you roll back, ensuring a full range of motion with every rep. Best for Building core strength and a solid six-pack



#### **MEGA BAR**

£TBC gymsupreme.com Even if the Mega Bar just enabled you to do pull-ups at home it'd be worthwhile, but the upgrades make it essential. With a removable barbell and hooks to attach a suspension trainer or resistance bands, this is a compact home gym that even doubles as a minature E-Z bar. Best for Full-body home workouts



# Off-road running shoes



#### MERRELL ALL OUT CHARGE

£95 merrell.com

Anyone who's stepped heavily on a stone knows how painful it can be, and the All Out Charge has the most protection of all the shoes tested - we barely felt a thing through it. The downside is reduced feel for what exactly is underfoot, although that's less of a problem when the grip is so good. Using a mixture of lugs and grooves, this shoe offers phenomenal traction over all sorts of terrain. It can be a little slow to drain water, but the fairly high profile means

not much gets in unless you're ankle deep. Even the washing machine can't save most off-road shoes from developing an earthy odour, but the removable, washable inner sole in this one does a good job of slowing the arrival of any unpleasant smells.

■ Good sole protection ■ Effective odour control CONS

■ Heavy when wet ■ Not particularly responsive

VERDICT ● ● ● ● □ Thick cushioning makes for a safe off-road option



2 INOV-8 X-TALON 200 £90 milletsports.co.uk

British company Inov-8 has its roots in fell running, but when its shoes began to prove popular at obstacle course races (OCRs), the company created something better suited to the unique challenges of scrambling over muddy structures and up slippery hills. The result is a lightweight shoe with great grip, durability and drainage. You'll keep your footing on all but the most treacherous surfaces thanks to the chunky 8mm lugs. A Ballistic Nylon upper

offers protection on obstacles such as rope climbs, while its lightweight mesh lets water and air in and out to stop the onset of trench foot from ruining your race. There's even a wider toe box for breathing room if the damp does cause any swelling. PROS

■ Incredibly durable ■ Fast water drainage CONS

■ Minimal support ■ Loose tongue lets small stones in **VERDICT** ● ● ● ● ● Will make your OCR seem much easier





#### From obstacle courses to mountain trails, the right shoe can boost your performance



#### 3 SALOMON FELLRAISER

£90 salomon.com

Despite its horror-inspired name, the Fellraiser is a dream of a trail shoe that's just as good for stomping through fields as it is for scaling walls. The chevron lugs do a fantastic job of keeping your feet from slipping and give decent purchase when running from a standing start. Though its sole is substantial enough to protect you from rogue rocks, the shoe's low profile means you can still feel the terrain underfoot, which helps you respond to it and stay balanced.

The speed-lacing system works well as long as you ensure it's tightly secure when you set off, but the laces have a tendency to pop out of their special pocket, and the muddier they get the tougher it is to adjust them quickly on the go.

- Protective toecap and sole Chevron lugs grip well on all terrain
- Slow to drain water Laces can be fiddly to adjust **VERDICT** ● ● ● ● Tears up trails and a good choice for OCRs too



#### 4 VIVOBAREFOOT TRAIL FREAK

£90 vivobarefoot.com

Injury and discomfort can be concerns when transitioning to barefoot running shoes on hard surfaces, but the reduced impact of off-road running makes this less of an issue. The benefit of shedding the cushioning is an enhanced tactility that makes it easy to read the ground beneath your feet - you'll notice slippery gravel quicker and be able to use the curves of your feet to balance on beams, for example. Though its lugs are smaller than the other shoes tested (4.5mm),

grip is still secure for all but the muddiest of surfaces. The thin mesh material is super-breathable and stops water pooling, but the lack of any additional toe protection makes it hard to recommend for an OCR just in case you end up stubbing or dropping something heavy on them.

- Thin sole enhances ground connection Highly breathable
- No toe protection Inferior grip in thick mud **VERDICT** ● ● ● ■ A good introduction to off-road minimalist shoes





Celebrity stylist Michael Douglas on 2015's most fashionable cuts - and how to get them



THE STYLE Faded quiff THE PRODUCT Putty THE TECHNIQUE

'A light hair putty is good for this style,' says Douglas. 'Apply it to your hair evenly from top to bottom, then blow-dry into place.'



THE STYLE Messy mop top THE PRODUCT Clay THE TECHNIQUE

'Warm the clay in your hand and ruffle it through your hair, pulling and twisting,' says Douglas.



THE STYLE Messy sweep THE PRODUCT Cream THE TECHNIQUE

'Run cream through your damp hair and blow-dry it forward and over to one side, to give light hold and extra body,' says Douglas.





#### THE BEST... WAXES

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#### DAX WAVE AND GROOM

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#### THE BEST... POMADES

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£4.40 for 50ml amazon.co.uk Fragranced with coconut oil, this light pomade is a barber's favourite.



#### THE BLUEBEARDS **REVENGE POMADE**

£10 for 100ml bluebeards-revenge.co.uk Industrial-strength hold and a high-shine finish for sharp old-school styles.



#### THE BEST... PUTTIES **TED BAKER GROOMING**

#### **ROOM HAIR PUTTY**

£6.50 for 125g tedbaker.com Light and adhesive with a matt finish, it adds texture without the grease.



#### STUDIO LINE #TXT DISHEVELLING DRY PUTTY

£3.50 for 75ml ocado.com Create voluminous quiffs from previously flat hair with the help of this putty.



#### THE BEST... CLAYS

#### **TONI&GUY MEN: STYLING CLAY**

£6.40 for 75ml toniandguy.com Take the shine out of greasy hair with a heavy holding clay.



#### STONEFISH MEDIUM HOLD MATT TEXTURISING CLAY

£5 for 70ml keepmeinspired.co.uk A small amount helps you manage unruly hair without making it look excessively styled.



THE STYLE Slicked back **THE PRODUCT Pomade** THE TECHNIQUE

'Run a smidge through dry hair using fingers for the shiny, slicked-back 90s look that's having a resurgence,' says Douglas.



THE STYLE Under-cut rocker THE PRODUCT Wax THE TECHNIQUE 'Add wax to dry hair for a defined parting,' says Douglas.



THE STYLE Parted quiff THE PRODUCT Gel THE TECHNIQUE

'Apply to damp hair, then comb into shape and leave to dry, or use a hairdryer for extra volume,' says Douglas.

**Words** Matt Huckle **Photography** Danny Bird

Weights: over. Harness the power of calisthenics to build a body that's capable of anything - wherever you are



he press-up gets a bad rap. Despite being the most recognisable workout move in the world, it's also the most misused - done with sloppy form, half-hearted intensity and often a range of motion that'd make a drill sergeant even more furious. That's a real shame, because you can use it, along with the rest of its bodyweight brethren - squats, pull-ups and V-sits, for instance - to build a body that's every bit the equal of the dumbbell-sculpted torsos you see in most gyms. How? By harnessing the tougher variations developed by the new wave of calisthenics experts.

'Anyone can benefit from calisthenics, whether you play sports professionally or need help to get up from the sofa,' says Ricky Warren, a personal trainer and calisthenics expert. 'The focus on core strength and training the body as a unit can work wonders particularly for people sitting at desks who have developed back problems or hunched shoulders.'

And calisthenics doesn't require a wholesale shift in approach. 'It's easy to incorporate a few moves into your workout,' says Warren. 'If you're doing a back workout, start with some pull-ups to warm up.' The classic muscle-builders should also become part of your workout when you're working your back, arms or shoulders. 'Once you're doing pull-ups you realise that the actual pulling-up is only the start,' says Warren. 'You get to the top and think, "Actually, I can do more stuff while I'm up here".'

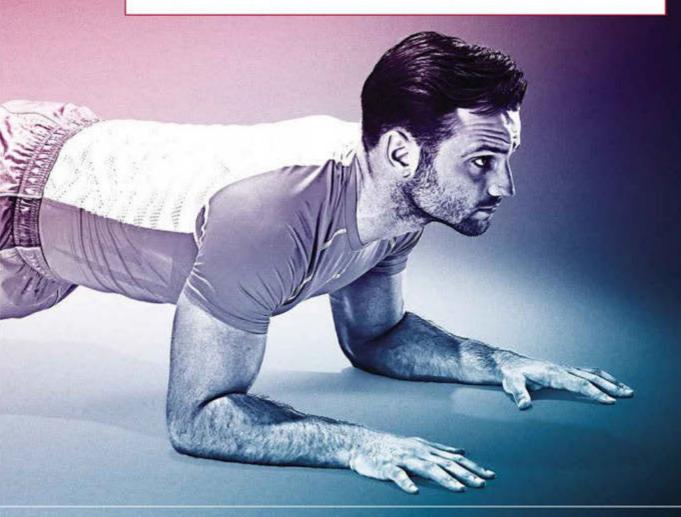
#### **VARIETY SHOW**

Where this form of training gets interesting is the variations that are possible. 'Experts are playing with what they know and creating new moves all the time,' says Warren. 'The basics are clearly laid out, but there's always somewhere for people to aim.'

So, since most of us can already bash out a few sets of the major bodyweight moves, at what point can we say we've mastered calisthenics? 'If you can do a strict muscle-up - which means no kipping - and a full planche, you're definitely there,' says Warren. Get on your way with this three-part workout.

#### **HOW TO DO THIS WORKOUT**

Do all the moves of each session in order, with minimal rest between sets. 'The aim is to train your whole body in a functional way,' says Warren. 'Each session focuses on different body parts so you can approach each workout fresh.' Do all the workouts in a week, leaving at least a day in between. Once you can do the moves easily, experiment with more advanced ones. 'What attracts people to calisthenics is that if you spend a bit of time on it you'll progress quickly,' says Warren. 'Plus you end up looking great.'





#### **SESSION 1 LOWER BODY**

Combine isometrics and plyometrics to build fast-twitch muscle fibres that are ready for action on a moment's notice









#### 1 PISTOL SQUAT

SETS 3 REPS 8 EACH SIDE

Stand on one leg, holding the other straight out in front of you. Bend your standing leg to lower into a squat, then press back up to stand.

#### **2 HORSE STANCE**

SETS 1 REPS 3

Keeping your back straight and chest up, lower into a deep squat. Hold at the bottom for 20sec, then drive through your heels to stand.









#### **3 TUCK JUMP**

SETS 3 REPS 8

Squat down slightly, then drive through your feet to jump up explosively, tucking knees in to your chest. Bend your knees to cushion your landing and continue straight into the next rep.

#### **4 MEDICINE BALL GLUTE RAISE**

SETS 3 REPS 8

Lie on the floor with your legs bent and the soles of your feet resting on a medicine ball. Drive through your heels and contract your glutes hard to raise your hips off the floor. Pause at the top of the move, then lower slowly.









#### **5 SPRINT START**

SETS 3 REPS 5 EACH SIDE

Start crouched with your hands on the floor, with the sole of one foot and the knee and toes of the other on the floor, as if ready to sprint. Drive through the ball of your front foot explosively and sprint forward for three seconds. Alternate legs.

#### **6 MUAY THAI HIGH KNEE**

SETS 3 REPS 8 EACH SIDE

Stand upright, then lift your knee and drive your hips forward and upward at a 45° angle, rising onto the ball of your supporting foot as you do. Alternate legs.

# **SESSION 2**

Sit-ups are over. Brace your core and build abs that work in everyday life





#### 1 WALL-ASSISTED HANDSTAND **PRESS-UP**

SETS 3 REPS 6

Place your hands slightly wider than shoulder-width apart on the floor and kick both legs up against the wall. Lower yourself towards the floor, then press up. Tense your abs to keep your body in line.

If the full L-sit's too difficult, start in a tuck, then work up to extending one leg at a time. The eightpack will be worth it.





#### **2 PLANCHE PLANK**

SETS 1 REPS 3

Get into a press-up position with your fingers pointed backwards. Keep your hands and toes still and move your body forwards, so your hips are as close as possible to your hands. Hold for 15sec. Squeeze your abs and core to help you keep your hips up.





#### **3 TIGER PRESS-UP**

SETS 3 REPS 8

Start in a press-up position with your elbows tucked in to your sides. Lower your elbows to the floor so you're resting on them. Reverse the move, driving up to return to the start.





#### 5 L-SIT

SETS 1 REPS 3

Sit with your hands by your sides. Press down on the palms of your hands to raise your glutes and legs off the floor, and contract your abs hard to hold there for 10sec. Don't hold your breath.



SETS 3 REPS 6

Hang from a pull-up bar with an overhand grip. Contract your core and bring your legs up together so your toes touch the bar, then lower to the start under control. Keep your legs as straight as possible.







#### 6 V-SIT

SETS 1 REPS 3

Lie on your back with your arms stretched above your head. Contract your core and bring your arms and legs together, keeping them straight. Hold for 30 seconds, then lower to the start under control.

# SESSION 3 UPPER BODY

Reinvent your pull-push workouts and reap the V-shaped benefits





#### 1 ARCHER PULL-UP

SETS 3 REPS 6

Grip the bar with a wide overhand grip. Pull up to the bar, contracting your back muscles to help you. At the top, shift your body over to your right so your head is by your right hand, then move over to do the same on the left. Return to the middle and lower.

# RING THE CHANGES

Once you've
mastered the
Maltese plank,
graduate to one on a
TRX (or gym rings)
to build bombproof
biceps. Keep your
feet on the floor,
obviously – you're
not Louis Smith.

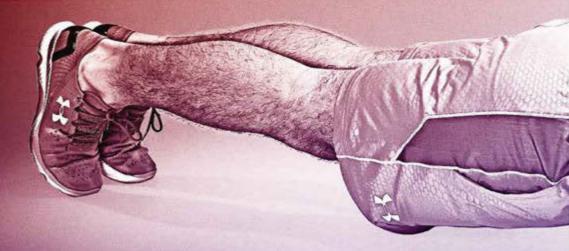




#### **4 MALTESE PLANK**

SETS 3 REPS 6

Lie on your front on the floor with your hands outstretched to your sides, palms down. Press down on the palms of your hands, lift your chest off the ground and hold as long as you can.











#### 2 X PULL-UP

SETS 3 REPS 5

Cross your hands over and grip the bar with one overhand and one underhand grip. Pull up to the bar, then lower. Without letting go of the bar, turn 180° and uncross your arms, and pull up again from this position.

#### **3 HANG-AND-HOLD**

SETS 1 REPS 3

Hold the bar with an overhand grip. Pull yourself up to top position and hold for 5sec. Then lower yourself so the top of your head is touching the bar and hold for 5sec. Finally lower yourself to a dead hang and hold for 5sec.









#### **5 TYPEWRITER PRESS-UP**

SETS 3 REPS 8

Start in a press-up position, then lower yourself until your chest almost touches the floor. At the bottom of the move, shift your weight so your face moves towards your right hand, then move over to your left. Return to the middle and return to the start.

#### **6 X-PLANK**

SETS 3 REPS 3

Start in a press-up position. Bend your elbows slightly, then push up hard so your hands leave the ground. Cross your arms and land in that position. Repeat the move in reverse to complete one rep.



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Words Matt Huckle

Have you hit a plateau? Pushing harder isn't always the answer. Meet the men who rethought their training to achieve greatness – and learn from their success



# **SPEED**

SIZE





STRENGTH

#### **JON ALBON**



## **SPEED**

Albon was fast when he started racing – but to take the crown at the 2014 World Obstacle Course Racing Championship, he needed more than running

'My first event was a Tough Guy race in 2010,' says 25-year-old Jon Albon. His motive wasn't to become a champion. 'It just sounded like a bit of fun because it wasn't a standard running race – you needed to jump over and crawl under stuff. I saw it as a test of how tough I was. I started quite a way back, but I managed to make up a few places in that first race.'

It was clear, though, that just being a good runner wasn't enough. 'I did very well in the running,' says the Norway-based Englishman. 'But I got really cold and slowed down by the obstacles.' Albon finished 76th.

His next race was the far less competitive Wolf Run, which he won fairly easily, going on to win several more races. When he started out, he says, 'you could just run and win. But the sport has become a lot more competitive since then.' He knew he needed to up his game if he wanted to stay out in front.

Albon was happy with his speed - which he kept up with running and cycling - but knew his grip strength was letting him down. 'I added bouldering sessions to my training,' he says. 'Going climbing made a massive difference to my races. People think you need strength to get over the obstacles, but it's the strength in your fingers that will go first.'

And while Albon's foot speed was good, he realised that the style of running in obstacle races is different to the steady pace found in 10Ks or marathons. 'Orienteering is a similar type of running,' says Albon. 'The stopstart nature of having to run through woods and slowing to look at your map lends itself to obstacle racing.'

The change in preparation paid off. Albon won every single obstacle course race he entered in 2014, becoming OCR World Champion and Spartan World Champion in the process. This year? More of the same. Time to get even tougher.



Photography Richard Burley/Epic Action Imagen





Improve your bouldering abilities with these five tips from climbing-wall route setter Rich Hudson

- 'If you can't complete a particular route (known as a "problem" or "bloc") even if you're certain you're strong enough, watch other people do it,' says Hudson. 'There might be a bit of technique you are missing. Different things will work for different body shapes."
- 'Once you've completed a problem, do it again,' says Hudson. 'Get that muscle memory so when you try another problem that requires a similar move, the brain will kick in with a solution. As with any sport, though, if you practise incorrectly it takes longer to unlearn and relearn the right way.'
- 'Think a problem's too hard? Do it anyway,' says Hudson. 'Don't be afraid to push yourself and overload the body and brain a little. That's how you improve.'
- 'Most blocs require between four and 12 moves, so you use your anaerobic and lactic energy systems, and sometimes that means you can't do a move because you're too tired when you get to it,' says Hudson. 'To build endurance, do a bloc a few grades under your peak ability four times in a row, rest for the same amount of time and do it four times again.'
- 'Put some time in at the bar. Your prime movers are the pulling muscles in the upper body,' says Hudson. 'When you do pull-ups, change your grip, change the width, use a towel. Grip strength is what keeps you on the wall, so it's vital to develop it.'



#### **DON'T WORRY ABOUT WEIGHTS**

You can get all the strength you need from bodyweight exercises. During training runs for Tough Mudders, do ten burpees every 2km to prepare for the stop-start nature of the race.

#### **RECORD YOUR TRAINING**

Download social training app Strava to monitor your sessions. It'll let you share your running and cycling routes online as well as see other people's so you can see how you measure up by comparison.

#### **GO RUNNING**

Don't just focus on the obstacles. Go hill running - a 2010 study in Medicine And Science In Sports And Exercise found that runners who varied their pace on different gradients had a more consistent level of oxygen consumption, allowing them to keep going for longer.

#### **ANTHONY JOHNSON**



# SIZE

Johnson aimed to dominate the UFC's welterweight division, but stamina problems and health worries forced him to move up to light heavyweight. Now he's about to fight for the title



Anthony 'Rumble' Johnson's reason for competing in the 77kg welterweight division was simple: 'I felt I could be the dominant fighter - I was bigger, stronger and faster than the rest,' he says.

For a while, this worked. He'd dwarf his opponents in the Octagon, and became known for his hard-hitting fighting style. However, against an opponent who could neutralise his power, Johnson's oxygen-hungry frame would often start to wilt late on in fights. There was another problem: the amount of water Johnson would have to sweat out before the fight meant he started to fail to make weight. 'Sometimes my body wanted to work with me and sometimes it just didn't,' he admits.

After missing weight a third time Johnson was cut from the UFC, leaving him to work his way back up through smaller promotions. Johnson knew he had to change something. 'I didn't want to disappoint anybody any more so I decided to go up in weight. The first time I fought at light heavyweight I made weight [93kg] fairly easily."

Johnson wasted no time in his light heavyweight debut. 'I beat the guy less than a minute into the second round, but it should have been georgia-born fighter says. 'When I got that teem the victory, I thought, "OK, I need to stay here".' round, but it should have been stopped in the first,' the Georgia-born fighter says. 'When I got that feeling after

A big part of the switch up in division was food. 'At welterweight I had a strict diet and couldn't really enjoy the finer things,' says Johnson. 'At light heavyweight my diet hasn't really changed - I just get to eat more of it. I typically start my day with egg whites, maybe some bacon, oatmeal and fruit. For lunch I have pasta, and then at 3pm I eat some more fruit or yogurt. Dinner is at 6pm where I eat another small meal like chicken with vegetables. It's just about the right portion sizes and not pigging out.'

Now that Johnson didn't have to worry about making weight, the overall quality of his training went up. "My skill level went up tremendously,' he says. 'I spent so much more time on the mat than on the treadmill [trying to keep my weight down]. I always knew I had the talent - I just wasn't dedicating the time I needed to the sport. It's helped my confidence go up a lot.'

After a string of wins outside the UFC, he was invited back and has been on a tear ever since, most recently making short work of top-ranked Alexander Gustafsson to earn himself a shot at Jon Jones's title in May.

'I just feel very different now. I'm more cheerful and happier,' says the 31-year-old Johnson. 'I'm smiling all the time. Life is beautiful compared with what it was at welterweight.'





#### CONFIDENCE IN YOUR ABILITY IS KEY

It's arguably more important than physical strength.
A University of Wales study showed that as selfconfidence increased, athletes perceived their
anxiety to be more helpful to their performance.

#### THINK FAT LOSS, NOT WEIGHT LOSS

Your body fat percentage is a better indicator of health than the number on the scales. No callipers to hand? Take well-lit top-off reference photos before a new training plan so you can accurately assess results.

#### **TREAT YOURSELF**

Scheduling cheat meals can help optimise your body's hormone levels to avoid it entering a 'starvation' mode and holding on to calories. Your rule: plan two a week and throw away any remaining nasties afterwards.



Johnson's diet is designed by chef and nutritionist Julie Zastrow to maximise muscle while keeping body fat low, optimising his size for the Octagon

#### 6AM BREAKFAST Mini quinoa frittatas with spicy sweet potato fries

Ingredients (2 servings)
3tbsp olive oil / 4-5 asparagus
spears, chopped into 2cm pieces /
1 red pepper, diced / 135g quinoa,
cooked according to packet
instructions / 2 whole organic
omega 3-enhanced eggs /
6 organic egg whites / 70g
low-fat cottage cheese / 2tsp
chopped parsley / 2tsp cayenne
pepper / Salt and black pepper /
1tsp cumin / 1tsp paprika / 1tsp
garlic powder / 450g sweet
potato, cut into 2cm cubes

- Grease 12 muffin cups. Heat 1tbsp olive oil in a pan and sauté the asparagus and peppers.
- Combine the quinoa, whole eggs, egg whites, cottage cheese, parsley, half the cayenne, salt and pepper and divide evenly between the 12 muffin cups, then divide the asparagus and peppers between the muffin cups.
- Bake for 30 minutes at 200°C/ gas mark 6 until the edges of the mini frittatas are golden brown.
- Meanwhile, mix the rest of the cayenne and olive oil with the cumin, paprika, garlic powder and a little more salt and pepper, toss the sweet potatoes in the mixture and spread on a greased baking sheet.
- Roast at 230°C/gas mark 8 for 20-25 minutes, turning once.
- Drink water and green tea with cinnamon alongside the meal.

9AM PRE-WORKOUT
Organic juice before training

#### 12PM LUNCH Grilled prawns

Ingredients (2 servings)
450g large prawns / 1tbsp garlic
powder / 1tbsp onion powder /
1tsp chopped basil / 1tsp chopped
parsley / 2tsp hot chilli sauce /
2tsp Dijon mustard / 2tbsp
olive oil / 2tsp lemon juice / Salt
and black pepper to taste

- Combine all the ingredients in a Ziploc bag and marinate in the fridge for 30 minutes to two hours.
- Grill the prawns on a medium heat for three minutes, turning once.
- Serve with 70g brown rice and 70g steamed broccoli per person.

#### 3PM SNACK Yogurt parfait

120g plain Greek yogurt / 120g mixed berries / 30g granola oats / 1tsp cinnamon

#### 6PM DINNER Bison burger

Ingredients (2 servings)
450g buffalo (or beef) mince /
35g goat's cheese / 1tsp diced
chilli pepper / 2tbsp diced onion /
1tbsp hot chilli sauce / Salt
and black pepper to taste

- Combine all the ingredients in a small bowl and form into four patties.
- Cook under a medium-high grill for four to six minutes each side depending on how well you like your meat done.
- Serve with lettuce, green beans and quinoa.

#### 9PM LIGHT MEAL Coriander lime salmon

Ingredients (2 servings)
2 salmon fillets (120-160g) /
1tbsp olive oil / Juice and
zest of 1 lime / 1tsp garlic
powder / 1tsp diced chilli
pepper / 1tbsp chopped fresh
coriander / 1tsp soy sauce

- Blend all the ingredients except the salmon to form a marinade.
- Put the salmon and marinade in a Ziploc bag and marinate for 30 minutes.
- Place the salmon on a baking sheet, cover with the marinade and bake at 200°C/ gas mark 6 for 15 minutes.
- Serve with grilled asparagus and 70g black rice.

#### **WILL KANE**



# **STRENGTH**

CrossFit athlete Kane relied on his excellent endurance to win competitions. If he was going to step up to elite level, though, he realised he needed to be stronger

'Before I got into CrossFit I'd tried lots of sports, from football and rugby to mixed martial arts and athletics,' says Will Kane. 'But this is definitely the most competitive sport I've been involved in.

The 27-year-old only began CrossFit when a friend said he should try out this 'circuit-training session'. He was soon training regularly at CrossFit Cheltenham, and started competing in, and then winning, local events. 'From there I started doing national ones and that was it,' says Kane. 'I've competed in Italy, Poland, Germany and France. In the UK, I won Battle of the Beasts and missed out on winning the Athlete Games by just a few points.'

However, Kane's results were masking his deficiencies. 'I always finished strongly in the workouts that required my heart rate to go higher,' says Kane. 'Whereas in the strength events I'd be placing, like, 27th.' He realised he needed to improve his strength if he wanted to progress.

'When I started CrossFit, I would hit random metabolic conditioning workouts whenever I could, multiple times a day,' says Kane. 'It's not necessarily a bad thing, but I was hitting them at 100% every time. Now I only go all out once or twice a week and I take my recovery much more seriously. The rest of the time I'm lifting weights, focusing on my snatch and clean and jerk.'

The results are impressive. 'In the past year I've put 15 to 20 kilos on all my main lifts,' says Kane. 'A year ago I'd have said I'd needed steroids to achieve that!'

And although Kane says he's done less conditioning work, his scores in endurance-heavy workouts have actually gone up. 'As I've got stronger I don't have to work as hard to move the barbell now,' he says. 'Knowing that my strength is now on par with my endurance is a huge boost to my confidence.'







#### When Kane started to take his strength training seriously, he structured it accordingly

'I do Jim Wendler's 5/3/1 cycle for all my big lifts,' says Kane. 'I work on my main compound lifts; back squat, deadlift and bench press in this way, and then I do the same with clean and jerk and snatch.' Here's the plan. Percentage is of onerep max for all lifts, and '+' means do as many reps as possible but at least the prescribed number.

	WEEK	WEEK	WEEK	WEEK
	1	2	3	4
SET 1	5 reps	3 reps	5 reps	5 reps
	@ 65%	@ 70%	@ 75%	@ 40%
SET 2	5 reps	3 reps	3 reps	5 reps
	@ 75%	@ 80%	@ 85%	@ 50%
SET 3	5+ reps	3+ reps	1+ reps	5 reps
	@ 85%	@ 90%	@ 95%	@ 60%



#### **KEEP IT SIMPLE**

Pick a few key lifts and hit them hard. A study published in Applied Physiology, Nutrition And Metabolism found that complex arrangements of exercises had far less impact on results within a programme than keeping the intensity high.

#### TAKE YOUR RECOVERY SERIOUSLY

It's as important as the workouts. A study published in the International Journal Of Sports Physiology And Performance in 2010 found that a recovery of 48 hours between heavy bench press sessions optimised strength development.

#### ALL IMPROVEMENTS ARE IMPORTANT

Even if you're only making small improvements you're still getting better. Buy some micro weight plates (watsongym.co.uk) - they're not often found in gyms, but they're useful for adding small increases to your lifts.



#### Tackle a Tough Mudder in 2015 with Sony's fitness technology

arathons are old hat. Sure, they're a great test of endurance, but endlessly pounding the pavement doesn't spike your adrenaline in the same way that freezing cold ice, electricity and fire most will. If you want to take on a true fitness challenge that'll test your upper and lower-body strength, your endurance and - most importantly - your mental grit, there's nothing quite like a mud-splattered 18-20km Tough Mudder obstacle course.

And with the assistance of Sony's latest SmartWear devices, SmartWatch 3 and SmartBand Talk, you'll be able to monitor your progress properly and with ease. Pairing with Xperia™ Z3 and SmartWatch 3 allow you to sync your music, notifications and messages - and, more importantly, show how far you've come via Sony's Lifelog app.

Will you have to train hard to complete a Tough Mudder? Yes. Will you need to go all-out Rocky and quit your job to train full-time in a wintry Siberian barn? Absolutely not. In fact, you can find all the information you need to help prepare for a Tough Mudder on the Men's Fitness Fit Tech Channel, including training plans, nutrition advice and kit reviews.

If it wasn't tough, everyone would do it, but it's the toughness – along with the obstacles, the camaraderie and the celebratory beer at the finish line – that makes Tough Mudder such a great experience. So get involved at carphonewarehouse.com/sonyxperiaz3. The only thing stopping you is you.

For more go to carphonewarehouse.com/sonyxperiaz3



# SONY

Brought to you in partnership with Sony, the official smartphone and smartwear sponsor for Tough Mudder 2015

#### TOUGH TECH

SmartWatch 3 and SmartBand Talk from Sony are the perfect fitness tech accessories for a Tough Mudder

If you want to get the most out of your training, being able to access accurate data from your sessions is a must. Enter SmartWatch 3 and SmartBand Talk from Sony. SmartWatch 3 is powered by Android Wear.



and gives useful information at a glance and responds to your voice. It feeds relevant and specific information as you move. When you're training you can track your activity and movements, as well as sync with Sony's Lifelog app afterwards. SmartWatch 3 uses fitness apps to display how many calories you've burned, and how much progress you've made with each activity. SmartBand Talk, meanwhile, is equipped with a built-in accelerometer and an altimeter sensor to track how far you've run, which is also fed back to you via Lifelog. These accessories are ideal for giving you more insight into how you live, train and maintain your fitness, especially when preparing for a gruelling Tough Mudder.



#### **SPECIFICATIONS**

Model SmartWatch 3 SWR50 Price £189.99 Weight 45g Display 1.6in (40.6mm) 320x320dpi Battery 420 mA battery (up to two days' usage) Waterproof depth 1.5m IP68 rated



Controls Voice, tap and gesture input, microphone, on/off/wale up key Requirements Android™ 4.3, Android Wear Connectors Bluetooth® 4.0, NFCm Micro USB

**Colours** Black, white (yellow, brown and steel straps also available)



outs to go home with a bulletproof core. uk.trxtraining.com

back home with a new spring in your step. amazon.co.uk



Words Matt Huckle Illustrations Paul Blow

# PUSHING the LIMITS

Performance enhancement has evolved and sporting bodies are struggling to keep up. MF investigates the latest boundary-shifting innovations - and how you can benefit from them today

#### BRAIN DOPING BY THE NUMBERS

of triathletes admitted to using brainenhancing drugs - including modafinil, amphetamines, or methylphenidate - in a 12-month period, according to a German survey

25

The approximate age your brain stops developing - making brain-doping potentially more effective for younger athletes

1,000

Traditional 1950s-style electroconvulsive therapy delivers up to 1,000 times more current through the brain than tDCS - enough to trigger seizures Struggling to better your 5K time? If using electricity to stimulate your brain sounds like an easier solution than another set of hill intervals, it could be time to try transcranial direct current stimulation (tDCS). This is done in what you might call the old-fashioned way – by attaching electrodes to your temples.

'We wanted to understand if it was the brain or the body that limited physical performance, or a combination of both,' says Dr Holden McRae, professor of sports medicine at Pepperdine University in California, who recently led a team of scientists for a Red Bull study called Project Endurance. 'We found that it's the brain that's the limiter.'

According to McRae this isn't surprising. 'We are homeostatic organisms, which means we seek a condition of balance or calm in our internal environment. Our brains are not going to allow us to get to a stage where we can cause damage to our systems by doing too much exercise.'

Of course, any athlete's first question about their brain limiter is, 'How do I turn it off?' That's where tDCS comes in. 'The next step was to see if we could stimulate or increase the activity in the brain regions responsible for activating the leg muscles while cycling,' says McRae. 'We're resetting your brain's "software" to allow for a better output. It's like having a 5MB/s download speed but being able to increase it to 15MB/s.'

Results vary. 'The responses are individual – some people respond well, others not at all,' says McRae. 'We had athletes ride a 4km time trial after a series of fatiguing exercises. If we stimulated them before the fatiguing exercises, the average times were improved.'

The effects only last around 90 minutes and there aren't yet any studies on the long-term effects that this kind of electrical stimulation might have. Verdict: risky.

#### IS IT ALLOWED?

The good news is that if you do have the cojones to zap yourself for more speed, the World Anti-Doping Agency (Wada) isn't going to tell you off for it. Not yet, anyway. 'The debate about whether or not it's a form of cheating hasn't really happened yet,' says Nick Wojek, head of science and medicine at UK Anti-Doping, the British arm of Wada. 'It may not even end up being an anti-doping decision because no chemicals are involved, but it could be banned by the governing bodies of individual sports where the benefits are considered unfair.'

#### DO IT YOURSELF

#### Run faster... via boredom

Mental fatigue impedes physical performance, according to a study by exercise physiology specialist Samuele Marcora, published in 2009 – but the good news is, you can use this exact effect to compete better. Here's McRae's three-step plan.

#### 1 TRAIN BORED

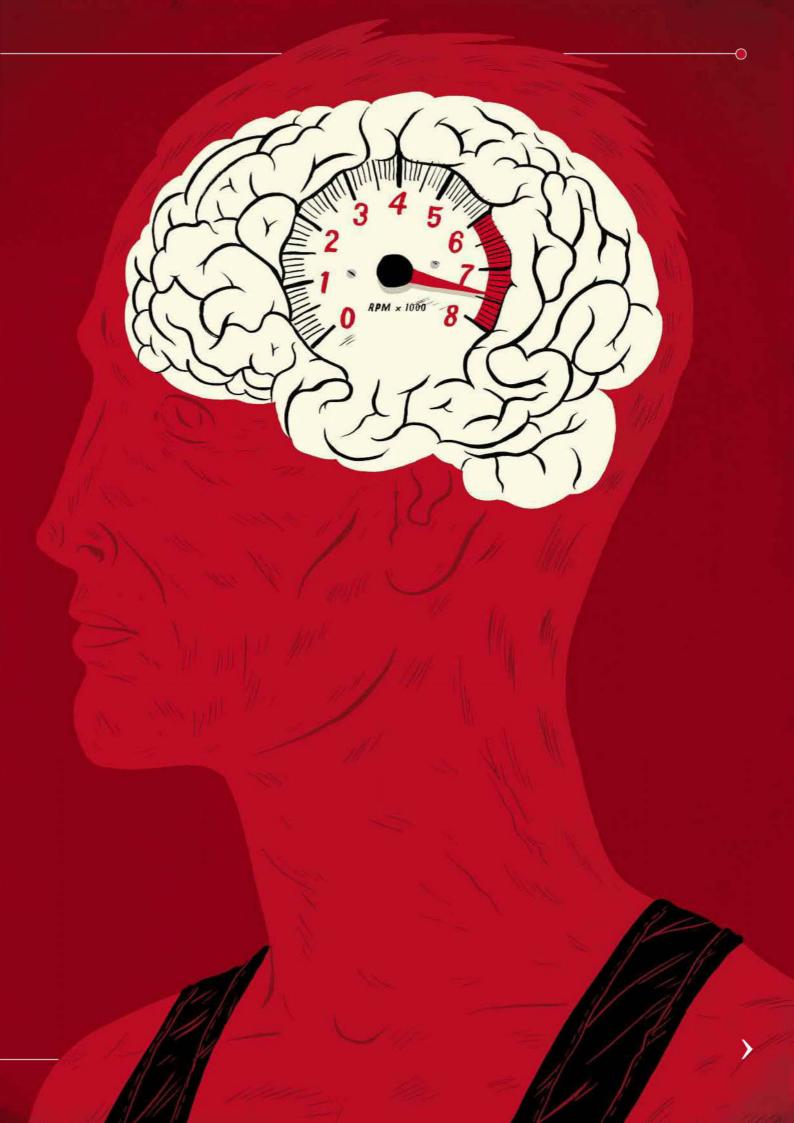
First, train after doing a boring mental task. 'The perception of what you're doing is "Wow, this is really difficult",' says McRae. Do this a few times.

#### **2 REST YOUR BRAIN**

'Make sure you're mentally rested before a big competition or PB attempt,' says McRae. Use the Breathe2Relax app to calm yourself down.

#### **3 SMASH YOUR PB**

With less mental fatigue, you should go significantly faster. 'That's more practical for an athlete than electrocuting themselves,' says McRae.



# KETONES

Got £2,000 to spend on an energy drink? The pro peloton does and, according to researcher David Holdsworth, part of the Oxford University team working on ketone drink Delta-G, some cyclists are already using it to win 'significant international events'. The drink, created by a team led by Oxford biochemistry professor Kieran Clarke, contains ketones that are also naturally produced in the body, which uses them as a fuel source. 'They're just like glucose or fat and they have calories,' says Clarke. 'You make them when you either go on a high-fat, low-carb diet or don't eat at all for a while.'

What Delta-G isn't is one of the 'raspberry ketone' drinks you see in health food shops. 'They're a different form of ketone that's not normally produced or metabolised in the body,' says Clarke. 'It just goes straight though you without having any effect.'

Clarke's drink isn't yet available to the public - it can only be produced in a lab and as a result costs around £2,000 a litre to make. However, that price will come down dramatically when Delta-G goes into full production, which Clarke estimates will be within a year. Even with the cheaper price, Clarke still sees it as something for elite athletes, saying that weekend competitors probably wouldn't notice a difference in performance.

If ketones are present in the body anyway, why does this drink exist? In fact, while your body does produce ketones naturally, it does so fairly slowly. 'If you're producing ketones naturally it would take several days to build up levels,' says Clarke. 'It depends on what you're eating.' Delta-G gives you an immediate ketone kick that provides you with an alternative fuel source to burn while training.

The drink has been tested on endurance athletes and while the results haven't been published yet, Clarke says that they're promising and the drink has been clearly shown to improve endurance. 'It's only endurance athletes who would ever see any improvements - sprinters wouldn't,' says Clarke.

#### IS IT ALLOWED?

Although the drink isn't yet available, Wada already has a view on it. 'It's not considered prohibited. We know it's used as fuel, as a different way of generating energy rather than using glucose and fatty acids,' says Wojek. 'It's definitely OK at the moment; we class ketones as an ingredient in special dietary foods. I'd say that an athlete who's considering this drink should take the same caution associated with any supplement use.' Since they're a naturally occurring substance, testing for it might also be tricky.

#### KETONES BY THE NUMBERS

Days it takes
for your body
to naturally
produce
ketones via
low carb
intake

£8,167

The price of the Winston, the world's most expensive cocktail, which takes 48 hours to make and uses an 1858 cognac. The Delta-G drink isn't far behind

20//

The amount by which ketones can potentially increase endurance - a crucial boost in events such as cycling time-trials

#### DO IT YOURSELF

#### The ketogenic diet will help you boost your energy reserves

While you wait for Delta-G to become available in Sainsbury's, you can get a similar effect with a ketogenic diet. This is high in fat and low enough in carbohydrates (around 20-50g a day) to cause a metabolic state called ketosis, where most of the body's energy comes from ketone bodies in the blood, rather than glycolysis, which is where blood glucose provides the energy. Here's a day's menu to start you off.

BREAKFAST Poached egg with spinach

Poach an egg in gently simmering water, adding a splash of vinegar to the pan to keep the egg intact, and wilt spinach in a pan for two minutes. Serve the egg on a bed of spinach, topped with melted cheese.

LUNCH Spicy chicken wings

Make a spice rub with ground ginger, ground coriander, black pepper, allspice, garlic powder and cayenne or your preferred spices. Rub on chicken wings and leave for 30 minutes. Then grill until cooked through and serve with lettuce.



DINNER
Tuna with
steamed veg

Fry a tuna steak – it only needs a couple of minutes on each side in a hot pan. Boil a saucepan of water and steam some green veg – broccoli, asparagus and mange tout are good options – to serve with the tuna.



# GENE DOPING

If the idea of meddling with genes conjures up images of mad scientists creating perfect athletes in secret underground labs, rein your imagination in - a little. Of the three methods here, gene doping is the most experimental and controversial. In fact there are disputes about whether or not it's even feasible.

Gene doping stems from legitimate gene therapy trials, where scientists introduce a corrected version of a gene to replace a defective one. It can potentially be used to treat conditions such as haemophilia. When this type of treatment is appropriated (or misappropriated) to boost athletic performance, for example altering the growth-influencing insulin-like growth factor 1 (IGF-1), it becomes doping.

A study published in *Clinical Biochemistry* found that while gene therapy trials have overall had disappointing results the potential presents a strong lure for athletes. The study also pointed out that a number of gene doping studies on animals have seen positive results, which suggest gene doping may be just around the corner.

However, that doesn't mean there aren't big issues that need to be overcome before it becomes a reality. As well as the negative trial results, there's also a serious risk of your body reacting badly to gene therapy and identifying modified genes as dangerous foreign substances that need to be destroyed. Because gene therapy is designed to merge the new genes into your body, it can trigger a fatal auto-immune reaction. This happened in 1999 to 19-year-old Jesse Gilsinger, who was undergoing gene therapy to combat a rare genetic liver condition.

In spite of the dangers, one of the biggest elements of gene doping's allure is that there currently isn't a specific test that will flag it up. Why risk using a traditional EPO blood doping method that can show a spike in your system when you can reprogramme your body to produce it naturally?

#### IS IT ALLOWED?

It might be firmly in the realms of sci-fi for now, but Wada is clear: gene doping is illegal. 'It's classed as a prohibited method and it's banned at all times,' says Wojek. While there's no direct test for gene doping, it is possible to test for the indirect effects. 'We monitor blood variables, but testing directly is one of the big challenges for the scientific community to resolve,' explains Wojek. 'We're not aware of any cases related to gene doping but we wouldn't be surprised if someone was already trying to use these techniques, especially with the developments going on in the medical field.'

#### DO IT YOURSELF

#### Er, well, don't, but you can take various legitimate steps to maximise your body's performance

EPO stimulates red blood cell production and this, in turn, increases your capacity for oxygen transport, which has been shown to improve your ability to perform endurance exercises. But it's not the only way to get the effect.



#### **BUY ECH**

Evidence that echinacea can

prevent colds is shaky, but a 2012 study published in the Journal Of Strength And Conditioning Research found that consuming echinacea increased EPO levels and exercise endurance.



#### GO FISH

High in omega 3 fatty acids, fish

oil has been claimed to help with all manner of conditions, one of which is promoting optimum kidney health, which is vital in the production of EPO. Dose yourself with 1,200mg a day.



#### **GET HIGH**

Sprint training at high altitude

tricks the EPO naturally present in your body into producing more red blood cells. Don't have a mountain nearby? Gyms such as the Altitude Centre (altitudecentre.com) will let you mimic the effects.

# BY THE NUMBERS

**GENE DOPING** 

40%

The increase in muscle mass seen in laboratory mice exposed to IGF-1

death from gene
doping: Jesse
Gilsinger entered
a clinical trial for
treatment of liver
disease in 1999.
He experienced
an immune
response and died
four days later

2004

The year gene doping was banned by Wada



# MAKING THE

#### Over the next six months these men will be getting into the best shape

After an extensive selection process, four worthy winners have been chosen to take part in the Men's Fitness and OPTIMUM NUTRITION Upgraders challenge. MF caught up with the four Upgraders and their coaches to find out what their goals are for the next six months - and how they're going to get there. You can follow their journeys with regular updates at mensfitness.co.uk/upgradeyourfitness

**CROSSFIT** 

THE UPGRADER ALISTAIR McGOVERN

#### THE GOAL

Qualify for the Battle Of The Beasts competition - I entered last year and just missed the cutoff

I've been doing CrossFit for two and a half years, but I feel like the sporadic nature of my training is really holding me back. I think I'll really benefit from having a structured training plan to follow, and if I can add around 5kg of lean muscle mass and increase my onerep maxes in a few key lifts along the way - ideally getting my snatch from 82.5kg to 90kg+ and my squat from 175kg to 190kg - that'd be brilliant.



Perpetual Performance My first priority with Alistair is establishing what his weaknesses are and working on his lifting technique, which will take a couple of months. After that, we'll add competition-specific metabolic conditioning training to his workouts, which will significantly improve his performance. Simply sticking to a structured training plan, rather than training whenever he can fit it in, will make a huge difference and give Al a great chance of qualifying for Battle Of The Beasts.



FITNESS MODELLING

#### THE UPGRADER **MATT BOTWRIGHT**

#### THE GOAL

Enter my first competition as a fitness model - and look my best ever

I've been lifting weights for nearly five years and I'm in pretty good shape, but without a coach I'm struggling to get to the next level. There's a local competition called Pure Elite that I could enter in November, but to get to that standard I need to add muscle - especially to my calves, which currently measure 45cm, and my chest, which is 109cm - and get leaner. Having such a high level coach to guide and motivate me for the next six months will make a massive difference.



#### THE COACH SHAUN STAFFORD

#### **Two-time WBFF Pro Fitness** Model World Champ

If you want to change your body, you have to change your training, so the first thing I'm going to do with Matt is get him doing a new routine. That will force his body to adapt and stimulate new muscle growth. The other thing that'll make a huge difference is a strict diet that will fuel his training, help him pack on lean muscle and make it easier to cut back and reveal his abs nearer to competition time. I'm confident that we can get him competitionready with 5-6% subcutaneous body fat and more lean muscle in the right places over the next six months.



# **UPGRADE**

of their lives with the help of Men's Fitness and OPTIMUM NUTRITION

Here's what each Upgrader receives...

- Expert coaching, personal training plans and one-on-one sessions
- Six months' worth of OPTIMUM NUTRITION supplements
- Tailored help to encourage each Upgrader to reach his personal fitness target

#### **BEACH BODY**

#### THE UPGRADER BEN MARUM

#### THE GOAL

Get below the 10% body fat mark (I'm at around 15% now) and improve my dumbbell bench PB of 84kg.

I've been lifting weights for four or five years, and taking it seriously for the past two, but I feel like my diet is really holding me back. I do track my macros, but I admit I'm not the cleanest eater and I'm hoping that having a strict nutrition plan to follow and a coach to motivate me will help me stay on track. If I can get ripped and add some lean muscle and improve my lifts in the process, that'd be great too.



#### THE COACH TIM CHASE

Coach, fitness model and WBFF competitor

To get Ben in beach-ready shape, I'm going to start by training his whole body twice a week over five sessions. We'll include lots of big compound lifts, focusing on tempo and workout intensity, plus the occasional postworkout interval session to ramp up his metabolism and maximise calorie burn. Sticking to a clean diet – with plenty of protein, wholefoods and no processed foods – will be hugely beneficial for Ben too, and I'm very confident that we can reveal his abs, increase his muscle mass and get him down to less than 10% body fat in six months' time.



#### THE UPGRADER NIALL MOODY

#### THE GOAL

Beat the the par score for the anaerobic shuttle test (215-220sec for a non-pro back row player) and improve my 170kg deadlift.

I've played rugby all my life at a decent level, but in the past few years a series of injuries – including a torn knee ligament that required surgery – have severely limited my appearances and ability to contribute on pitch. Ideally I'd like to play at least 12 out of the 20 games next season and beat my previous total tries record of 11. I've always enjoyed gym training, and if possible I'd love to get my deadlift PB up from 170kg to 200kg – and beat my all-time pull-up record of five.



#### THE COACH ANDY EDWARDS

Saracens RFC strength and conditioning coach

Given Niall's injury history, the first and most important thing to do is assess how he moves. This allows us to work out how best we can work around his movement pattern problems and strengthen any weak areas to help him avoid further injuries. Then the aim will be to build a solid strength foundation – especially in his lower body – and work on developing his conditioning base, before adding in more rugby-specific drills. This strategic approach will give him the best chance of completing a full season, as well as improving his lifting.







#### Medieval warfare is making a comeback - as a fast-moving combat sport. Find

f I was up against you, I'd probably headbutt you,' says Mark Annable, the stocky 44-year-old spearheading the UK's medieval combat revolution, to MF's photographer. 'It sounds bad, but when you're facing someone who is taller and possibly stronger than you, you use whatever trick you have. That's why my own helmet fits really well - it's so I don't feel any pain.'

Tough, violent and ultra-spectator-friendly, Historical Medieval Battles - usually abbreviated to HMB - is the fastest-growing underground combat sport in the world right now. Its participants don suits of armour and have at each other with an assortment of steel swords, maces and axes based on authentic medieval designs, either racking up points (in one-on-one bouts) or flooring their adversaries with a combination of grappling and explosive tackling during team battles or 'bohurts'.

#### WIELDING GEAR

Singles matches are where the artistry comes in - and where you'll see swordplay that's most likely to mimic what you've seen in Game Of Thrones - but the bohurts are what the crowd come to see. They're fought in brawls of five vs five or 21 vs 21, and the aim is simply to trip, throw or otherwise smash opponents to the ground. Touching the dirt with a hand or knee means you're out, and the side with the last team standing wins the round. Certain attacks, such as chokeholds, thrusts and hacks to the neck, are outlawed, but otherwise essentially anything goes, which means the competition relies on brute force, sharp observation, occasional teamwork and terrifying levels of fitness. To get the idea, imagine wearing 30kg of weight vests, wrist and ankle



#### out how the men getting hands-on with history prepare for their gruelling contests

weights, then swinging an axe around - while you've got an oxygen-restricting mask strapped to your face.

Smaller competitors will rarely stay still, hitting and running and constantly trying to blindside the opposition. At 80kg, John Quayle is one of these 'rushers'. 'If two guys are busy grappling and I'm on the other side of the lists, I'll run towards them with my weapon drawn and ram the rival guy across the side or back of his head, giving him whiplash,' says Quayle, known as one of the UK's toughest competitors. 'I actually knocked someone unconscious doing that.'

#### THE WORLD AT WAR

HMB already has a sizeable following in eastern Europe, where sponsored tournaments have existed for more than a decade. But since the creation in 2009 of the Battle Of The Nations – HMB's 'World Cup' – competitors from the rest of the world have been suiting up and taking part. There are now HMB fighters from countries as disparate as Israel and Argentina, and last year's Battle Of The Nations saw combatants from 28 different nations descend on the Croatian town of Trogir in June 2014. This year's show-piece, taking place in Prague, Czech Repub-

lic in May, is expecting representation from more than 30 countries, including anticipated newcomers China, Chile and Brazil. Team UK will be present for its third consecutive year, and promises not just fitter and wiser fighters, but a greater number of them. There were 18 recruits in Croatia. This year, the national ranks have swollen to 30 battle-eager warriors.

'HMB has taken off since last year in Croatia,' says Annable, who is credited with bringing the sport to the UK's attention after finding some Russian HMB videos on YouTube. 'But competing in Trogir was an



eye-opener for our newbies. You get hurt the first time you compete. You go out there thinking you've trained hard enough, then you discover you haven't. We're taking it a lot more seriously now, with diet, cardio and strength training all taken on board.'

The nation that's setting the standards at the moment is Russia, followed by neighbours Belarus, Ukraine and Poland. In Croatia, the undefeated Russians annihi-



lated everyone. But given how seriously the motherland treats the sport back home, the Russian team's dominance is hardly surprising. 'The Russian fighters train ferociously all year round,' says Austrian HMB fighter and commentator Mathias Kainz. 'Some are MMA fighters, which helps with their balance and grappling, and all of them have been picked for their national side through merit.' It shows, too - watching the Russians



in competition is like witnessing a freight train ram through a rusty old banger that's stalled on a level crossing.

#### **BRITISH BULLDOG**

Under Annable's leadership, the UK already has aspirations for the sport to become professional on home turf. There are currently eight local clubs, or chapters, in the UK, and more have been mooted. The



nation's growing ranks of fighters also meet once a month for national training. But the most significant development was the UK's first National One vs One Federation championship, held in Waltham Abbey last September, which was won by Quayle, a 30-year-old former infantry soldier who served two tours of Iraq between 2003 and 2007. Quayle took up the sport just three months before competing in Croatia, but his competitive boxing background, quick feet and sheer aggression have already made him a powerhouse on the circuit.

'I'm a technical fighter and I'll pick on an opponent's point and keep working it,' the Isle of Wight resident says. 'Striking the legs, working the head, smashing down on the collarbone. You hit opponents properly in the armour gaps and they'll eventually go down. The footwork is very similar to boxing and Muay Thai, and I've brought that skillset into HMB.'

Professional victories are often accomplished as much through knockout and injury as by winning points. 'I won my first championship fight by striking a heavier

opponent with hard, repeated sword strikes above and below his knee, which forced him to retire from the competition – a technical KO,' says Quayle. 'I won my second fight by cracking the other fighter's helmet.'

#### **FIGHT KNIGHT**

Now looking forward to testing his prowess on a bigger stage, Quayle adheres to a strict, five-day-a-week training regime inspired by British Army methods. 'HMB is all about fighting in short bursts while wearing heavy armour, so I do high-intensity interval training, working with a minimum rest period, which mimics the fighting conditions of moving from one fight to another,' he says. 'Sometimes I wear an M3 gas mask, especially for hill sprints, to replicate the act of breathing recycled air inside your helmet. I occasionally exercise in full armour, but not too often because it can cause injury. Fitness is everything in this sport. Boxers fight

#### 'HIT AN OPPODEDC IN THE ARMOUR GAPS AND THEY'LL GO DOWD'





three-minute rounds wearing 10oz gloves - HMB lads wear 35kg of armour.'

The former soldier has also collaborated with other chapter heads in the UK to implement the British Army's Fitness Test (BFT) into the monthly national training meets. BFT requires participants to complete a series of timed challenges and high-intensity bleep tests, as well as a set number of pressups and sit-ups. Targets vary based on age and gender, as HMB has started to encourage female combatants (Battle Of The Nations held its first female solo tournament last year, which was won, predictably, by a Russian CrossFit trainer).



'I've been out in Iraq and I've never been as hot I was inside my armour in the 35°C Croatian sun,' says Quayle. 'BFT is to safeguard our fighters against injury, dehydration and tiredness and to help them enjoy HMB. The Russians treat HMB as a sport and that's why they're world champions. We're now doing the same.'

At Battle Of The Nations, the five vs five bohurts are currently the main attraction for spectators. By the third day of the four-day tournament in Croatia, many wounded warriors were hobbling around the crowded festival grounds with bandaged legs, arms in slings and bruises so unsightly they looked



#### BACCLE READY

It's not all about the suit. Use Quayle's army-inspired plan to build strength that's positively medieval

#### PART 1 STRENGTH AND **CONDITIONING**

Use a bag for the punches if you've got one, or light dumbbells if you haven't. Repeat each move for a minute, and rest for ten seconds between moves.

- 1 Punching
- 2 Hold a 35kg dumbbell overhead
- **3** Press-up
- 4 Dumbbell swing
- 5 Burpee
- 6 Squat

#### PART 2 RUNNING

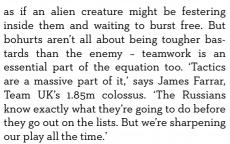
Every other day - run three miles (4.8km) at a steady pace. Final day of week - run 1.5 mile (2.4km) in between 8min 30sec and 9min.

#### WEEK 2

Every day - run two miles (3.2km), including ten hill sprints 150-200m apart. For alternate sprints carry 25kg in a backpack. For alternate runs, wear an M3 gas mask.

#### WFFK 3

Every day - Fartlek ('speed play') running at 70% of max effort, switching to 90% for short periods. For alternate runs, wear an M3 gas mask.



Farrar, a former historical battle re-enactor, is the man charged with educating his team-mates in how to wield a weapon, borrowing skills from a wide range of historical periods. He puts his own confidence with handling a blade to use on the battlefield too. 'I'm a big lad so I'll engage two or three people at once,' he explains. 'Then someone fit and fast, like John, will run down the flank and take them out from the side. In bohurts, plans only work inside the first 15 seconds. After that you have to think on your feet, which isn't always easy because you're so full of adrenaline."

#### **DARK AGES**

Although the sport is thoroughly marshalled, scrapes and bumps are par for the course. Quayle says he won the national crown while still recovering from a dislocated

shoulder, which he'd sustained while grappling a heavier, MMA-trained opponent only six weeks earlier. But overall, his career has been relatively injury-free. Annable has been less lucky. After being thrown during one recent brawl, the burly captain twisted his knee, causing it to pop. He now faces anterior cruciate ligament surgery.

At 44 years of age, Annable admits that his body is more vulnerable than it was. 'I reckon I've got one year left of fighting internationally if I'm lucky,' he concedes. 'All the new talent are kicking us old guys out, but we'll go out screaming. You can still accomplish a lot aged 45 but once you're facing



25-year-olds who are doing the same training as you, they'll knock you out.'

Quayle doesn't entirely agree. With HMB still in its relative infancy and combatants still learning and adjusting to its ferocious demands, he believes people of all ages can still compete effectively - in the bohurts at least. 'Boxing and kickboxing are an under-30s game, which is how the Russians are portraying HMB,' he says, observing the fact that the Russian national side selects relatively youthful fighters. 'But I think it's still a bit too early in the sport's development for it to be that way. Maybe the Pro and Tournament fighting will become an under-30s thing in ten years' time.'

#### LORD AND MASTER

Before his own joints start creaking, Quayle hopes to fulfil two dreams: to bludgeon his way to the top of the sport and to see HMB grow and attract widespread respect. 'I'd love HMB to become mainstream,' he says. 'Some see it as geeky and Lord Of The Ringsesque, but when they see it in the flesh it's not what they expected. It's one of the last extreme sports you can test yourself at.'

Annable wants to keep opening more HMB chapters until the domestic sport is structured like football, with a weekly national league competition for regional clubs. 'I'm not sure if that's just a pipe dream or not, but if the sport carries on growing at this exponential rate, I'd expect us to have 1,000 members within the next three years, which is massive,' he says. 'Everyone loves watching us fight. So we're just looking at ways to get HMB where we want it to be.'

Want to sign up? For more info on Team UK, visit facebook.com/ Battle Of The Nations UKF ederation.For more info on Battle Of The Nations visit battleofthenations.ua











#### CALL IT A KNIGHT

MF's Joel Snape suited up for a bohurt. Things got ugly, fast

The suit isn't as bad as you'd think. It takes about an hour to put on, obviously, but once you're in, it's reassuringly hefty - though any ideas of unleashing a 300-style front kick disappear fast. A couple of practice whacks to the dome remove any reservations about getting hurt, and then it's into the arena.

#### **ROUND 1: MANO-A-MANO**

My first round is against Quayle, and my main strategy is to feint a swing at the legs, then jab him in the face with my punch-shield. This works exactly once before he gets wise to it and snaps my head backwards with a right hand of his own, then pummels me with a series of blows I've got no answer to. After about 45 seconds, I'm struggling even to hold on to my sword. Winner: Quayle.

#### **ROUND 2: THREE-ON-THREE**

Here, I go in with Quayle and Annable against three of team UK's upcomers. The plan is for Quayle to distract them while I blindside, but this quickly goes to pot - they back up, so the only option is a head-on charge. I manage to trip one opponent early on, but then I get locked in a protracted struggle with the tallest man on the team. He's clearly going to win, so Quayle flattens both of us. Afterwards, I can barely breathe - and I've been in the ring for two whole minutes. Loser: me.





How workout selfies can inspire you to conquer new fitness peaks

Usain Bolt after his gold medal win at London 2012, Dwayne 'The Rock' Johnson psyching himself up for a workout, Guardians Of The Galaxy's Chris Pratt bare-chested in front of the mirror - selfies have been become common practice for documenting amazing training results. But although it's still not a great idea to stop your session to take one, selfies can help motivate you and your friends to reach your fitness targets.

That's according to research from the Universities of Sussex and the West of England, which found when gym-goers see pictures of muscular male models they report an increase in motivation. This reinforces several other studies that have shown recording and monitoring your progress - with photos, apps that record your daily steps or simply by logging the weights lifted in your workouts - helps keep you on track to achieving your fitness goals.

Now Men's Fitness has teamed up with GymShark, one of the world's leading innovators in fitness wear, to encourage you to showcase your training sessions. 'We want to see you working out, whether that's at the gym, at home or in the park,' says Lewis Morgan of GymShark (gymshark.com). 'It's strictly about exercise, so no food or drink photos - just pictures that will inspire and motivate you, your friends and anyone looking to get fitter.' So get creative, get snapping and use your #HealthySelfie to motivate yourself and others to new fitness heights.



200 likes

#HealthySelfie @MensFitnessUK me









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#### Snap happy

To enter, post your workout selfie on Instagram, Twitter or Facebook, tagging @GymShark and Men's Fitness (see below) and including #HealthySelfie - or simply email it to healthyselfie@mensfitness.co.uk. The winning image gets £500 worth of GymShark clothing and accessories. The GymShark team will also be at this year's BodyPower Expo at the Birmingham NEC on 15th-17th May - so if you're there, make sure you drop in for a selfie.







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# SEARCH IS ON

Could you be the next big star in fitness modelling? Find out - and get the chance to appear in *Men's Fitness*- with Protein Dynamix™

MEET MYLES
Protein Dynamix™
ambassador



MYLES LEASK International fitness model, personal trainer and actor CHEST 112cm WAIST 76cm BODY FAT 8%

arning fitness ambassador status isn't about wishing for world peace and looking good in a tiara. Fronting a campaign – unlike those falling over each other for the keys to Noio this spring – is about inspiring others to greatness. It's about living, as much as looking, the part. It's about motivating, encouraging and empowering others through your actions.

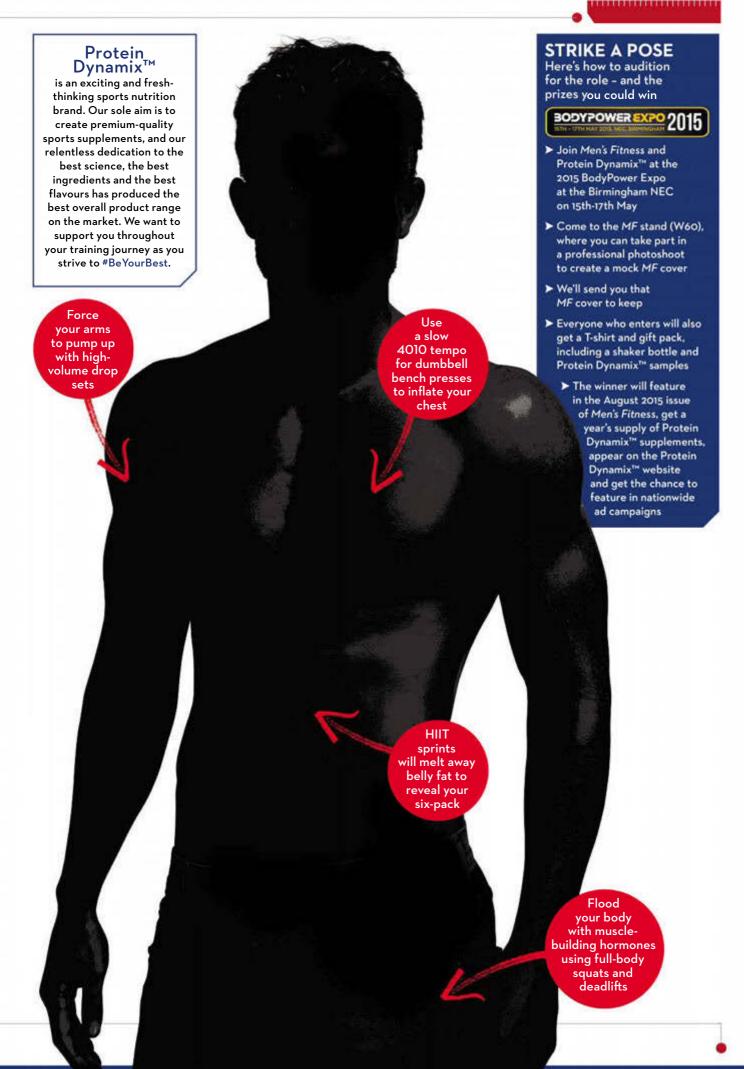
If you've long been exercising hard and eating clean, and you love training and want others to feel the same way, you could be chosen as the next Protein Dynamix™ ambassador and feature in the pages of *Men's Fitness*. We've teamed up with the sports nutrition specialists to reward one deserving reader with the opportunity to promote Protein Dynamix's ethos of 'best in class'.

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To find out more visit proteindynamix.com

#BeYourBest

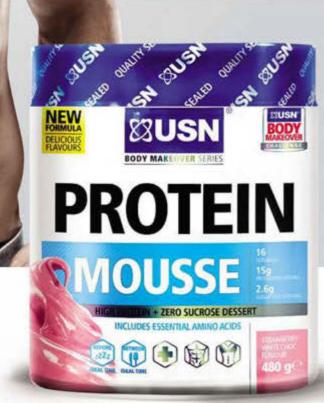




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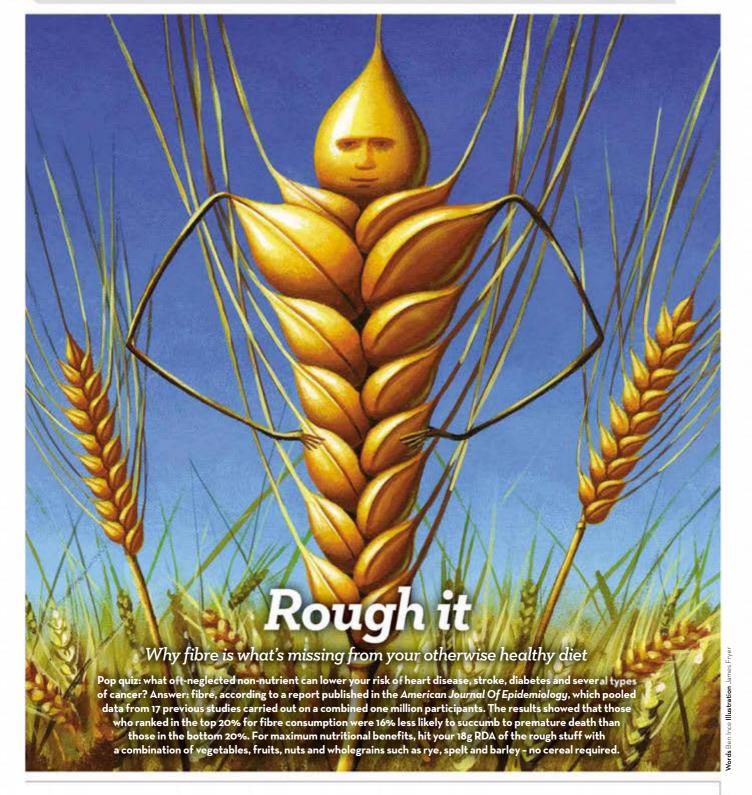








**P86** GRIND-BREAKING COFFEE MACHINES **P88** CAULIFLOWER POWER **P91** INSTAGRAM IN THE KITCHEN **P96** MF TRIES ANABOLIC EATING **P98** FUEL UP ON GRAINS **P102** ENDURANCE-BOOSTING SMOOTHIE



Still getting all your protein from chicken? Time to get shellfish

Belgian cuisine can be a bit hit-and-miss if you're trying to add lean muscle. Carbonnade? Fantastic. Chips with mayonnaise? Not so much. But one dish of Belgian origin you should most definitely add to your bulk-building eating regime is moules marinière. In addition to offering high levels of muscle-building protein, these crustaceans are also rich in bone-strengthening manganese and sleep-improving selenium. The MF-enhanced recipe below – provided by Michelin-starred chef Adam Gray – also swaps the traditional cream for vitamin B12-rich natural yogurt to give you an extra energy boost.

Adam Gray is executive chef at Skylon in London (skylon-restaurant.co.uk)

PREP TIME 20 minutes COOKING TIME 10 minutes

CALORIES 751

PROTEIN 65g

**27**g

43

#### **INGREDIENTS** (SERVES 1)

1.5kg mussels in shells, cleaned and beards removed / 1 bay leaf / 100ml dry white wine / 4 shallots, peeled and sliced / 20g unsalted butter / 2tbsp natural yogurt / 25g curly parsley, roughly chopped

#### TO MAKE

- Wash the mussels in a pot under cold running water. If any of the mussels float, discard them. Press the shells of any open mussels together with your fingers and if they don't close, discard them.
- Heat the butter in a large pan over a

medium heat. Add the shallots and bay leaf and soften for one minute.

- Add the mussels and wine, cover the pantightly with a lid and cook for four to five minutes until the mussels have all opened.
- Stir in the yogurt and parsley and serve.

#### **EXPERT UPGRADES**

Add these extra ingredients to your moules for bonus health benefits

ARTICHOKE HEARTS provide fibre, which improves digestion, says functional medicine consultant and personal trainer Aaron Deere KXLIFE.CO.UK

CELERY provides B vitamins, which help to boost immunity, says sports scientist Laurent Bannock GURUPERFORMANCE.COM

GARLIC provides sulphuric compounds that reduce inflammation, says performance nutritionist Nick Morgan AWORDONNUTRITION.COM



#### **OMNI MX® HARDCORE**

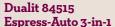
Leave your mark on the gym with the UK's No.1\* all-in-one mass gainer.

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£180 johnlewis.com The pick of the multipurpose machines is both a manual espresso maker - for when you've got time to brew a high-quality cup using ground coffee - and an über-convenient pod machine that provides quick, mess-free caffeine shots from ESE or NX capsules. The nonslip drip tray has a pop-up indicator to show when it needs emptying, and it has a steaming wand to froth milk for lattes.

BEST IN TES



However you like your pre-gym caffeine boost, the best new coffee makers have you covered



Nescafé Dolce Gusto Melody 3 by DeLonghi Best pod machine

£120 debenhams.com Simply load with a pod – Nescafé's Dulce Gusto range has 26 flavours - and the machine does the rest. The Melody 3 also allows you to customise the strength and size of your drink.



Gaggia Classica II 2015 Best manual espresso machine

£239 coffeeitalia.co.uk The purist option - for a highquality espresso, nothing beats traditional manual apparatus.

The Classica is a coffee lover's kitchen staple, and the 2015 version features a cup warmer and a milk frother.



Philips Saeco HD8751/88 Intelia Best luxury machine

£399 tesco.com With a bean-to-cup machine, you just add beans and press a button for flawless coffee in its purest form. The Intelia cleans and de-scales itself, keeping maintenance to a minimum.



**Andrew James Premium Filter** Best for value

£80 andrewjamesworldwide.com Get bean-to-cup quality and simplicity on an espresso-sized budget. A hot plate keeps coffee piping for 30 minutes, and you can choose to use ready-ground or filter coffee if you prefer.

## USN EATING PLAN FOR MEN SUSN

IN ASSOCIATION WITH



#### **BEFORE**

#### **AFTER**





#### **WE ARE WHAT WE EAT**

#### **MORNING**

1 large glass of water (lukewarm) with 3 Xédra-Cut Ultra XT capsules, with 4 x 19 Anabol Testo capsules. Drink 2-3 litres of water throughout the day to flush your system.

#### **EXERCISE:**

Aim to exercise first thing in the morning (can be moved to anytime of the day), for 1 hour, on an empty stomach as this increases your Resting Metabolic Rate (RMR), stimulating all-day fat burning. For optimal results, train using a combination of moderate resistance and cardiovascular exercises. Use hyperlean to aid in their training regime.

#### **BREAKFAST OPTIONS (MEAL 1) - CHOOSE 1**

#### EGG ON TOAST

 $2\ x$  pieces of toasted rye bread with 5 egg white (and 1-2 yolks) omelette topped with handful of cherry tomatoes and mushrooms.

#### PROTEIN & NUT OATS

1 cup of cooked porridge oats/oat bran with 2 scoops of Pure Protein GF-1 Vanilla or 1 serving of Whey & Oats Porridge, 8-10 almonds and cinnamon to taste.

1 x Granny Smith apple.

#### LOW-FAT FRUIT SMOOTHIE

Fruit Smoothie - handful of frozen mixed berries, small banana, 1 x scoop of Lean8 with 250ml skimmed milk/coconut/ almond milk. Optional - add 25g of oats for additional carbohydrates.

#### SUPPLEMENTATION (AFTER MEAL 1):

2 x CLA Pure 1000 softgels after Meal 1. optional: 1 x Multiplex Sport (vital nutrients for optimal health).

#### **MID-MORNING** (MEAL 2):

1 serving of Diet Fuel Ultralean, Protein Delite bar or Protein Fuel 50 RTD.



#### **AFTERNOON**

#### **30 MINUTES BEFORE LUNCH:**

3 Xédra-Cut Ultra XT capsules.



#### **LUNCH OPTIONS (MEAL 3) - CHOOSE 1**

#### LEAN MINCE POTATO

170g of lean beef mince, fried with 1 tsp of coconut oil. Add 3 canned tomatoes and 1 x cup of chopped spinach. 1 x medium sweet potato.

#### GRILLED CHICKEN & QUINOA

2 x small grilled skinless chicken breasts.

1 ½ cups of steamed green beans, peppers & asparagus mixed with 100g cooked quinoa & aspargus/brocolli and 8-10 almonds.

#### OPEN CHICKEN SANDWICH

2 grilled chicken breasts with balsamic basting. 1 slice of toasted rye bread, topped with fresh baby spinach, cherry tomatoes and 8-10 walnuts.

#### SUPPLEMENTATION (AFTER MEAL 3):

2 x CLA Pure 1000/ CLA Green Tea softgels after Meal 3.

#### **MID-AFTERNOON (MEAL 4):**

1 serving of Diet Fuel Ultralean, Protein Delite bar, Diet Fuel Ultralean RTD.





#### **EVENING**

#### **EAT MAIN MEAL BEFORE 7PM:**

Limit your complex carbohydrate intake in the evenings. Keep in mind that your vegetables and salads are rich in nutrients and lower in calories.

Now available at these stores:



#### **DINNER OPTIONS (MEAL 5) - CHOOSE 1**

#### GRILLED FISH & STEAMED VEG

160g baked or grilled white fish with 2-3 cups steamed or baked green vegetables (broccoli, spinach and green

#### GRILLED STEAK WITH STEAMED VEG

200g grilled lean steak with 2-3 cups steamed broccoli and cauliflower with 1 bowl side salad\* including peppers, tomatoes and steamed beetroot/carrot.

#### WARM CHICKEN & ROAST VEG SALAD

2 x grilled chicken breasts. A bowl of mixed greens, red onion, cucumber, 1 ½ cups grilled red pepper, courgettes, butternut squash and broccoli.

#### **SUPPLEMENTATION** (BEFORE & AFTER MEAL 5):

2 x CLA Pure 1000 softgels with a cup of peppermint/chamomile/green tea or decaffeinated coffee after Meal 5.

............

#### AFTER DINNER (MEAL 6):

1 serving of Pure Protein GF-1. Designed to optimise your recovery and prevent muscle wastage during sleep. Use 2hrs after dinner. Casein before bed has been shown to aid recovery.



\*e.g. Lettuce, rocket, watercress, baby spinach, cucumber, asparagus, tomatoes, peppers and red chard. Due to the importance of essential fats to optimise health, aim to take 5 tsp fat per day (apart from any omega supplements you may be taking).







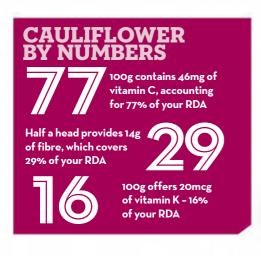






#### SAY YES TO... CAULIFLOWER

o white is wrong, and you've eliminated potatoes, bread and pasta - AKA the fun stuff - from your diet. Does that mean you're doomed to salad forever? Not quite. Enter cauliflower, a cruciferous conqueror that can be easily substituted for traditional white carb sources in curries, roasts and even pizzas. It also provides high levels of anti-inflammatory vitamin K to help you recover faster after a gruelling fat loss workout. Get a head today.





#### A QUESTION OF TASTE 3 ways to love cauliflower

#### BACON AND CHEDDAR MASH INGREDIENTS (SERVES 4)

1 medium cauliflower head, cut into small pieces / 1tbsp cream cheese / 35g parmesan, grated / 1 clove garlic, finely chopped / 1 chicken stock cube / Pinch of black pepper / 35g cheddar, grated / 4 strips cooked bacon, cut into small pieces / ½tsp chopped chives / 3tbsp butter (optional)

#### TO MAKE

Bring a large pan of water to the boil and add the cauliflower pieces. Boil for six minutes, then drain in a colander and use a heavy bowl to press the excess water out. In a food processor, blend the hot cauliflower with the cream cheese, parmesan, garlic, chicken stock and pepper until almost smooth. Stir in the cheddar and bacon. Serve hot, topped with butter and chives. RECIPE FROM The Complete Low-Carb Cookbook by George Stella



#### COCONUT, CORIANDER AND LIME CAULI-RICE

#### **INGREDIENTS (SERVES 1)**

1 small cauliflower head, cut into florets / 2tsp coconut oil / 1tbsp fresh lime juice / 2tsp honey / 35g fresh coriander, chopped / 60ml coconut milk / itsp sea salt

#### TO MAKE

'Rice' the cauliflower by shredding using a food processor with a grating attachment or a box grater. Pick out any large fragments that didn't get shredded. Heat the coconut oil in a frying pan over medium heat. Add the cauliflower rice to the pan and sauté for five minutes. Add the remaining ingredients and cook for 15 minutes until the cauliflower is tender and the liquid has been absorbed. Serve on its own as a side dish or mixed with veg. RECIPE FROM Meals Made Simple by Danielle Walker



#### SPICY ROASTED FLORETS INGREDIENTS (SERVES 6)

1 large cauliflower, base trimmed and leaves removed / 100g Greek yogurt / 1tbsp mild madras curry powder / 1tsp ground cumin / 1tsp paprika / 1tsp black pepper / Salt, to taste

#### **TO MAKE**

Add the whole cauliflower to a pan of boiling water, cover and simmer for 15 minutes.

Drain and set aside. Preheat the oven to 160°C/gas mark 3. Line a roasting tray with parchment, then rub it with a little oil. In a small bowl, mix the yogurt, curry powder, cumin, paprika and seasoning. Place the cauliflower in the tray and spoon the yogurt mixture over it. Roast for 45 minutes or until tender (to check, insert a skewer - it should be soft but still hold its shape).

Rest for ten minutes before serving.

RECIPE FROM The Sunshine Diet by Shelina Permalloo





#### "FOR WHEN I'M IN

## FEAST MODE

Williams Falade, WBFF European Champion



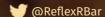
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#### THE EVANGELIST

**KEVIN CURRY @FITMENCOOK** 924K FOLLOWERS

#### WHY FOLLOW HIM?

Curry transformed his body from an overweight 100kg to a ripped 85kg, building an army of followers with his protein-rich meals, including smart alternatives to fast-food staples.

#### **CHICKEN & NOODLES**

#### **INGREDIENTS** (SERVES 1)

1 chicken breast, cut into pieces / 30g wholewheat noodles / Handful of broccoli florets / Handful of sliced carrots / 1 red onion, thinly sliced / 1tsp garlic paste / 1tsp crushed walnuts or peanuts / Dash of rice vinegar / Dash of low-sodium soy sauce / 1tbsp chilli sauce / 1tbsp honey / Dash of lime or lemon juice / 1tbsp olive oil

#### TO MAKE

- Cook the noodles according to packaging instructions, then drain and set them aside.
- In a bowl, mix the soy sauce, rice vinegar, chilli sauce, honey and lemon juice.
- Heat the olive oil in a frying pan over a medium heat.
- Add the onion and garlic paste and sauté until the onions turn slightly brown.
- Add the chicken, broccoli and carrots and cook.
- When the chicken is nearly finished, add the noodles and pour the sauce over the mixture.
- Stir the mixture continuously with a spatula, garnishing with crushed walnuts or peanuts if desired.



#### **CURRY'S INSTANT TIP**

'I love using avocado or natural nut butters in place of butter in my recipes. It's an easy way to increase your intake of key nutrients like omega 3."



#### THE PRODIGY

SPENCER MILLER @MACRO CHEF **62K FOLLOWERS** 

#### WHY FOLLOW HIM?

At just 16, cycling enthusiast Miller has developed cooking skills - and an Instagram profile - that put men twice his age to shame, specialising in upgraded dessert and snack recipes for the sweet-toothed endurance athlete.

#### MILLER'S INSTANT TIP

'You can use healthier ingredients like mashed banana or pumpkin to make bases for most baked goods. This reduces the amount of butter you need to use to keep it moist.'

#### GINGERBREAD CHEESECAKE PROTEIN PANCAKES

#### **INGREDIENTS** (SERVES 2)

60g wholemeal flour / 1 scoop whey protein powder / 2tbsp stevia / ½tsp cinnamon / Pinch of ground ginger / ½tsp baking powder / 1 large egg yolk / 2 large egg whites / 1tbsp apple sauce / 2tbsp almond milk / ½tsp vanilla extract / 2tbsp sugar-free cheesecake pudding mix / 90ml water / 2tbsp Greek yogurt / 1tsp rapeseed oil

#### **TO MAKE**

- Preheat a frying pan or griddle to a medium/high heat.
- Mix the flour, protein powder, half the stevia, cinnamon, ginger and baking powder.
- Put the egg whites in a separate bowl.
- Add the apple sauce, almond milk and vanilla extract to the egg yolk and mix.
- Add the wet ingredients to the dry and mix until combined.
- Vigorously whisk the egg whites, then add to the pancake batter, folding in gently.
- Add the rapeseed oil to the preheated pan and spoon the batter in to make four pancakes, each about 10-12cm in diameter.
- Cook for around three minutes each side or until golden brown.
- While the pancakes are cooking, mix the pudding mix with the rest of the stevia, water and Greek yogurt and whisk until it has the consistency of a thick sauce.
- Top the pancakes with the sauce.





#### THE GOURMET

MICHAEL WHITE @CHEFBIANCO **8K FOLLOWERS** 

#### WHY FOLLOW HIM?

A gourmet chef who has launched a string of restaurant chains in New York, White regularly posts inventive, protein-rich meat dishes with creative sides that are ideal if you're trying to impress your other half or entertain guests (fitness-inclined or otherwise).



#### **BRAISED VEAL SHANK**

#### **INGREDIENTS** (SERVES 1)

1 veal shank / 3 onions, diced / 4 sticks of celery, quartered / 3 carrots, quartered / 30g tomato paste / 175ml white wine / 250ml chicken stock / 250ml veal stock / 1tbsp thyme / 1tbsp black peppercorns

#### **TO MAKE**

- Season the meat and sear it over a medium/high heat, then remove from the pan.
- Reduce the heat, add the vegetables and cook until brown, then add the tomato paste and cook for a few more minutes.
- Add white wine and cook until it's mostly evaporated, then return the veal shank and cover with the stock.
- Cover with aluminium foil and cook in an oven at 135°C for 3 hours.
- Serve with vegetables of your choice.

#### WHITE'S INSTANT TIP

'One of my favourite cooking methods involves roasting a whole fish, such as sea bass, marinated in a mixture of salt and egg whites. Then just drizzle lemon juice and high quality olive oil over it to serve.'



#### THE **PROTEIN**

ANNA SWARD @PROTEINPOW **47K FOLLOWERS** 

#### WHY FOLLOW HER?

As the author of the best-selling Protein Pow, Sward has written the book literally - on how to cook and bake with extra protein, and her Instagram regularly features treat meals such as the oat-based pizza recipe below.

#### CHICKEN **CHILLI PIZZA**

#### **INGREDIENTS** (SERVES 1)

#### For the crust

1tbsp whey protein / 100ml liquid egg whites / 2tbsp coconut flour / 15g gluten-free oats / 2tsp water Toppings

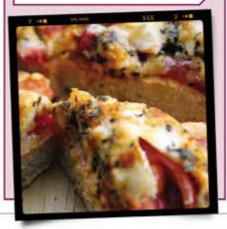
½ a cooked chicken breast, chopped / 2tbsp tomato paste / 1 sliced tomato / 1tsp red chilli powder / 2tsp green chilli powder / 1tsp ground pepper / 15g cheddar cheese, grated

#### TO MAKE

- Blend all the crust ingredients together until they form a dough that you can shape with your hands.
- Flatten this into a disc and fry it in a non-stick pan.
- Carefully flip it when it has browned on one side.
- Add your toppings, starting with the tomato paste and finishing with the cheese.
- Grill at a medium/high heat for six to eight minutes till the cheese has melted.

#### **SWARD'S INSTANT TIP**

'I'd strongly recommend investing in a set of high-quality silicone bakeware. It'll remove the need to oil or grease your pans before cooking, and make them extremely easy to clean."





#### THE HEALTHY TWISTER

**HEATHER DAVIES** @PROTEINCHEF **6K FOLLOWERS** 

#### WHY FOLLOW HER?

Davies specialises in simple recipes that use everyday ingredients with a healthy twist - usually involving extra protein and less carbohydrate - plus proteinenhanced cake and dessert recipes.

#### **ROAST CHICKEN** DINNER

#### **INGREDIENTS** (SERVES 2)

2 chicken breasts / Itsp low-salt chicken seasoning / 2 sweet potatoes, cut into chunks / 6 parsnips, cut into chunks / 1tsp coconut oil / 1tsp sugar-free syrup / Handful of kale, sliced / 2tbsp low-salt gravy granules / Dash of Worcestershire sauce / Black pepper, to taste



#### TO MAKE

- Pre-heat your oven to 220°C/gas mark 7.
- Sprinkle the chicken breasts with the seasoning and place in a 'cook in' bag in the oven.
- Toss the sweet potato and parsnips in the coconut oil and syrup. Once the chicken has been cooking for ten minutes, add them to the bag.
- Cook for a further 20 minutes. Meanwhile, steam the kale for five to seven minutes.
- Serve with some simple gravy made by mixing the gravy granules, boiling water, Worcestershire sauce and plenty of freshly ground black pepper

#### **DAVIES'S INSTANT TIP**

'I like using Greek yogurt to add extra creaminess to meals. You can substitute it for cream in plenty of dishes, including savoury ones such as fajitas or curries.'



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Every month for a year, nutritionist Drew Price follows a different nutrition strategy. This issue...

### The Anabolic Diet

The anabolic diet is a carb-cycling diet that's aimed primarily at bodybuilders and strength and power athletes. It involves cycling between periods of low and high carbohydrate intake with the aim of generating optimum conditions for building muscle and burning body fat.

#### THE CLAIM

The diet's creator and author of The Anabolic Solution, Dr Mauro di Pasquale, says that by cycling your intake of fat, protein and carbs, you'll boost your body's levels of anabolic hormones such as testosterone and growth hormone, while increasing its use of stored fat as energy. This means you can use the diet to bulk up by building lean muscle or to reduce body fat while maintaining existing muscle mass, depending on how much food you eat.

#### THE METHOD

The diet begins with a low-carb phase that lasts between six and 12 days, during which your body adapts to using fat as its primary fuel source. This means you keep your limited supplies of muscle glycogen in reserve for when you really need them during training. After the low-carb phase the diet proper begins, and this involves 'cycling' five to six low-carb, high-fat, highprotein days each week with one or two days of eating mostly carbs.

#### THE REALITY

The initial low-carb adaptation phase where you're purposely running down your stored carb supply - is very tough physically, and my concentration

and energy levels really suffered. But once my body had switched to using fat as its primary food source, I felt great and full of energy.

My food choices during the week were meat-heavy. and I was free to eat

fatty foods such as cheese and butter, so I never felt too restricted or hungry. I was also pleasantly surprised to discover that Di Pasquale condoned a degree of drinking and partying during the 'high-carb' weekend days - most booze and junk food is carbohydrate-heavy, after all - which made it a lot easier to maintain a decent

social life and helped me to stay strict and motivated during the week.

#### THE RESULTS

'I was free to

eat fatty foods,

so I never felt

too hungry'

The amount of weight I was lifting in training didn't increase spectacularly over the month, but it didn't drop during the low-carb days either. However, I did notice a dip in cardio performance during the week as my body ran out of glycogen.

I saw small but significant improvements in body composition, gaining half a kilogram of muscle and dropping a kilogram of body fat. My cholesterol profile improved too - all while eating cheese bacon and pancakes!

#### THE VERDICT

Vegetarians and people who do a lot of cardio training or team sports will struggle on the low-carb days, but if you're primarily focused on weightlifting or bodybuilding and you're happy eating plenty of meat and fish, this diet could produce excellent results - provided you can deal with the initial adaptation phase.

#### **CYCLE OF LIFE**

Price alternated between low-carb eating in the week and carb-bingeing on weekends. Here's how he did it

#### I OW-CARR MEAL PLAN

#### **BREAKFAST**

Bacon and eggs with baby spinach PRE-GYM

Whey protein shake **POST-GYM** 

Whey protein shake LATE LUNCH Duck breast with

red cabbage SNACK

Whey protein shake with 50g cheddar DINNER

Lamb tagine with broccoli

PRE-BED Casein and

whey shake with almond butter

#### HIGH-CARR MEAL PLAN

#### **BREAKFAST**

Maple syrup pancakes with butter SNACK

Sandwich and a banana

LUNCH Pasta with seafood and

a fruit salad SNACK Doughnuts

DINNER

Steak and potatoes with a beer



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#### TO MAKE EACH DISH

Place 75mg couscous in a medium-sized bowl and pour 50ml of boiling water over it. Mix well, then cover and leave to absorb for five minutes. Fluff up the grains with a fork, then mix with the remaining ingredients and serve.

**MUSCLE BUILDER** 

#### **INGREDIENTS**

50g chorizo, diced /  $\frac{1}{2}$  an avocado, diced / 50g mozzarella, diced



CALORIES 829

PROTEIN

### **GRAIN POWER**

Simple and versatile, couscous is the perfect food for a pre-workout fuel-up



#### **FAT BURNER**

#### **INGREDIENTS**

75g cooked chicken breast, sliced / Handful of cherry tomatoes, halved / Handful of rocket





#### **ENERGY BOOSTER**

#### **INGREDIENTS**

75g goat's cheese  $/\frac{1}{2}$  a cooked beetroot, sliced / Handful of baby spinach leaves



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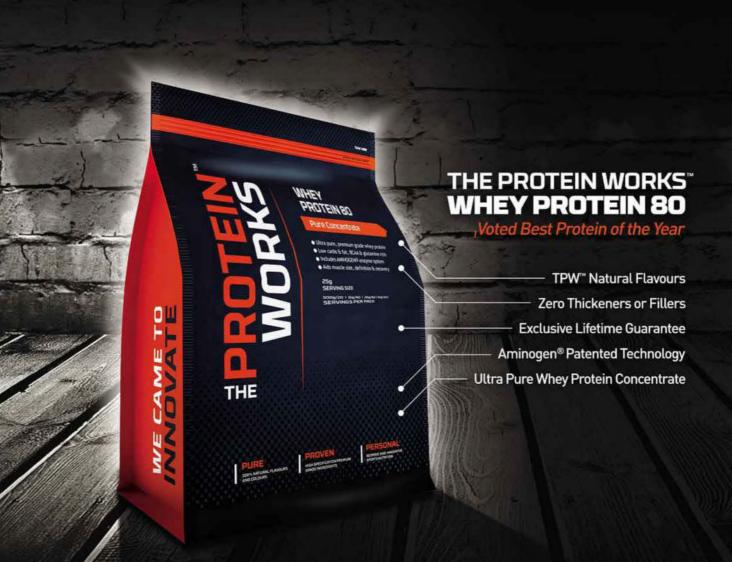




#### Keep building TOMATOES provide vitamin C, whic boosts immunity EGGS provide essential Go meat-free and still build muscle with satisfying, amino acids, which fuel muscle growth protein-rich meals Meat and fish might be prime protein sources, but trust us – you can cut them out of your diet and still get all you need to repair and grow muscle tissue for size and strength. Take the Mexican-inspired huevos rancheros recipe below, for example, which features the potent bulk-building trio of eggs, cheese and kidney beans. Whether you're full veggie or just want a meat-free day now and then, it's perfect for fuelling your muscle gains. CHEDDAR CHEESE provides calcium, which strengthens bones **PREP TIME** 5 minutes COOKING TIME 25 minutes **BREAKFAST** Huevos rancheros CARBS **INGREDIENTS (SERVES 2)** 2tbsp olive oil / 1 onion, peeled Heat the olive oil in a large frying pan over a medium and finely sliced / 1 garlic clove, heat. Add the onion, garlic, peppers, fresh and peeled and finely sliced / 1 red dried chillies, bay leaves and salt and pepper and pepper, deseeded and finely cook for 15 minutes until soft, stirring regularly. sliced / 1 fresh red chilli, Goat's cheese and beetroot salad is rich Pour in the kidney beans and canned tomatoes, deseeded and finely sliced / 1 using a spoon to break them up a bit. Bring to the in blood sugar-regulating vitamin D large dried chilli / 2 fresh bay boil, then lower the heat and cook for a further five minutes so the sauce starts to reduce. leaves / 400g can chopped DINNER tomatoes / 2 large tomatoes, Lay the tomato slices on top of the mixture, leaving Three-bean stew priovdes of filling fibre sliced / 4 large eggs / 2 four small gaps, and crack the eggs into the gaps. wholemeal tortillas / Salt and Cover with a lid or foil and let the eggs peach **SNACKS** black pepper to taste / 400g can in the juice for four to five minutes. Greek yogurt with cashew nuts kidney beans / 50g cheddar Sprinkle the grated cheese on top and contains energy-boosting copper serve with the warm tortillas. cheese, grated

## THE BIG WHEY CHANGE AND AND THE STREET OF T

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#PROTEIN™ WORKS

It's not EPO, but it's close – and it's legal: according to a slew of studies, the nitrates in beetroot juice will make you faster in almost any endurance sport. Can't face the, ah, distinctively flavoured purple stuff on its own? This potent brew, created by sports nutritionist Scott Baptie (foodforfitness.co.uk), twins it with heart-healthy dark chocolate to mask that earthy taste as well as fuel your efforts.

#### **INGREDIENTS**

- ▶ 1 small beetroot, peeled
- 2 squares of dark chocolate
- > 300ml milk
- ▶ 50g strawberries
- ▶ 50g raspberries

calories 381

PROTEIN 14g

carbs **44**g

19<sub>g</sub>

Beetroot can reduce the oxygen cost of aerobic exercise and increase the time it takes to reach exhaustion.

Dark chocolate's flavonoids help transfer oxygen to working muscles by keeping blood vessels healthy.

Milk is rich in endurance-fuelling carbohydrates and electrolytes.

Strawberries can help to improve blood sugar control so you avoid energy slumps.

Raspberries are high in fibre, which helps to maintain fullness levels during long bouts of exercise.



#### THREE FOR THE ROAD

Bored with beetroot? Mix things up with these cardio-fuelling smoothie alternatives

#### **ENDURANCE**

1 banana, sliced 2tbsp peanut butter 300ml soya milk 1 scoop of oats Provides... potassium and slow-release carbs

#### ENERGY

Juice of 1 orange Handful of kale 200ml green tea 1tsp chia seeds **Provides...** vitamin B6 and caffeine

#### **HYDRATION**

Handful of blueberries
Handful of cherries (no stones)
† a pomegranate
300ml coconut water
Provides... electrolytes
and nitrates







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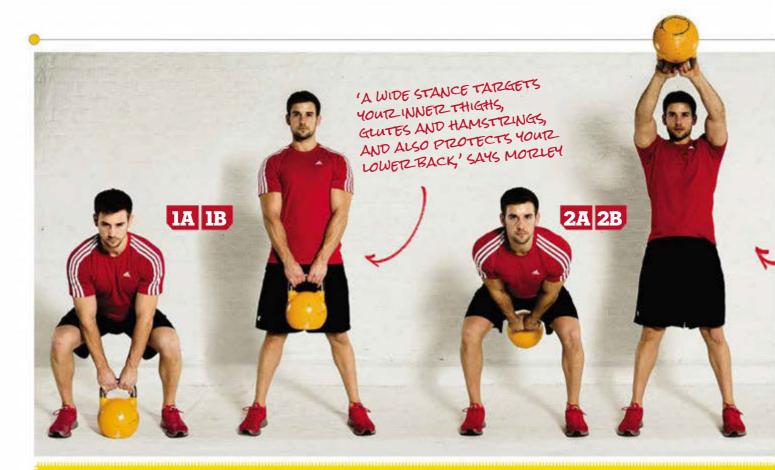
MUSCLE

FAT LOSS

## TRAINER

P108 BURN FAT WITH KETTLEBELLS P110 GET RIPPED WITH DIPS P1142 THE LIVING ROOM WORKOUT P115 BUILD LEGS LIKE LIAM PHILLIPS P122 PROTECT YOUR GRIP P131 TRAIN WITHOUT WEIGHTS





### **HELL'S BELLS**

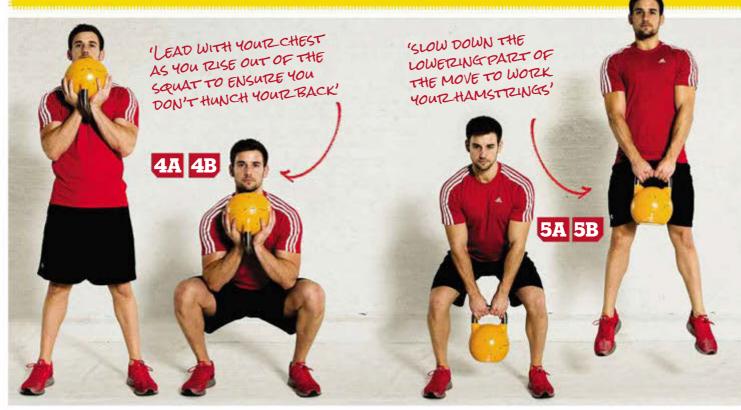
#### Use kettlebells to create a body fat inferno in just 11 minutes

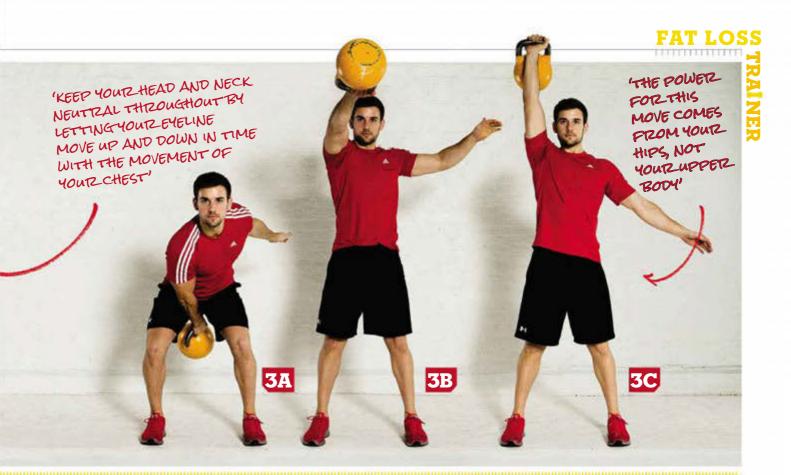
Kettlebells are a fat-fighting godsend on their own – but using them for complexes, where you perform moves without resting or setting the weight down, gives you an unbeatable quickfire workout.
'This is a high-intensity fat-burning
session that also develops strength,'
says Phoenix Strength trainer
Natalie Morley, who devised this

workout. 'Quick transitions and progressions of movement patterns help you develop functional strength and increased mobility while melting away belly fat.'

#### 1// SUMO SQUAT

Get into a squat position holding the kettlebell with both hands, with feet wider than shoulderwidth apart, chest up, back straight and thighs horizontal. Drive up to standing, then lower again.





#### 2// TWO-ARM **SWING**

From standing, push the kettlebell off your body and lower it between your legs, hingeing at the hips and keeping your chest up. When you feel a stretch in your hamstrings, drive your hips forward, swinging the bell above head height.

#### 3// SNATCH

Take one hand off the kettlebell. Swing it up and as it passes eye level, pull your elbow up and back and quickly punch up with your hand to catch the bell with a straight arm so it rests on the top of your forearm. Complete all the reps on one arm, then switch sides.

#### 4// GOBLET **SQUAT**

Hold a bell upside down, with your wrists close together and elbows tucked in. Keeping your back straight and chest up, lower into a deep squat. Drive through your heels to stand.

#### 5// JUMP **SQUAT**

Hold the bell between your legs with both hands, arms straight. Lower into a squat, then drive up explosively. Bend your knees to cushion your landing and continue into the next rep.

#### 6// CLEAN **AND PRESS**

Swing the bell up with one hand. As it reaches shoulder level, draw your elbow in to your body, bend your legs and catch the bell so it rests on your forearm. Drive up and punch the bell overhead. Complete all the reps on one arm, then switch sides.



#### THE COACH Natalie Morley THE PLAN 'Repeat this

with a light kettlebell to perfect the form, then increasing the weight in weeks three and four as you get more competent,' says Morley.

workout two to three times a week, starting

#### WEEK 1

SETS 3 REPS 8 REST 90SEC

#### WEEK 2

SETS 4 REPS 10 REST 90SEC

#### WEEK 3

SETS 4 REPS 8 REST 90SEC

#### **WEEK 4**

SETS 4 REPS 8 REST 60SEC



# **DOUBLE YOUR DIPS**

Decades of bodybuilders can't be wrong, so up the reps on this classic move and get on the grow

f you usually only encounter the dip in the 'chips and...' sense, it's time for a change. In fact, even if you can't manage more than half a dozen reps of this classic bodyweight move, you should rectify the situation post-haste. There's a reason the dip has stood the test of time: you can do it virtually anywhere (even between two chairs), it's a guaranteed triceps-builder, and with a little forward lean it'll also build an impressive chest. So look to double your numbers – as an absolute minimum you ought to be doing 20 reps in one go. Need help? That's what this mini-plan's for.

#### THE MOVE

First, make sure you're doing it right: the standard method is to keep your forearms vertical and make sure your upper arms are parallel to the floor at the bottom of each rep. A slight forward lean will hit your chest harder, but staying upright and bracing your core will probably let you get more reps. Don't bounce.

#### THE ASSISTANCE

This dip-boosting plan includes weighted dips, some with heavy weight, some light. Your options: hold a dumbbell between your feet, wear a weight belt or get a weighted vest (such as the one pictured below right from titintech.com). The latter two are preferable, since they allow you to devote all your effort to getting over the bar - but use whatever kit's available.

#### THE PLAN

This plan, concocted by Ben Crookston of trainheroic.com, requires three days of dips a week, but don't fret - you can do them during a regular gym workout or as a separate session. After four weeks you should be able to do at least twice as many as you could before you started. Here's how the plan breaks down.

#### **DAY 1: HEAVY WEIGHT**

'Do some lighter warm-up sets that don't count towards your total,' says Crookston. 'In your work sets, choose a weight that makes the reps hard but doable. If you have to break up the final set with a few seconds' rest before the last rep or two, that's acceptable. Rest for three to four minutes between sets.'

DAY 2: LIGHT WEIGHT
Add much less weight than you used on day 1 – 10-12kg will do it. 'Break the reps up into as few sets as possible,' says Crookston. 'Time yourself, aiming to go faster each week.' Completing all the reps in a single set is the goal.

#### DAY 3: UNWEIGHTED

'The goal here is to get the most reps possible in total,' says Crookston. 'So don't "hit the wall" at any point. Stop one or two reps shy of failure on each set.' Rest for two minutes between sets.



	Day 1	Day 2	Day 3
Week 1	Sets 5 Reps 5	20	2 x max reps
Week 2	Sets 6 Reps 4	25	3 x max reps
Week 3	Sets 7 Reps 3	30	4 x max reps
Week 4	Sets 8 Reps 2	35	4 x max reps





# FRONT FOOT ELEVATED SPLIT SQUAT

REPS 10 EACH SIDE

'This builds strength on your front leg, while stretching your hip flexor to improve your range of motion,' says Burgess. Put your front foot on a step and lunge forward and down, feeling the stretch in your hip. Do all the reps on one side, then switch.



# YOGA PRESS-UP

REPS 10-12

'This builds your chest while also improving movement and structure in the shoulders, hamstring mobility and hip flexion,' says Burgess. Start with your hands and feet on the floor and your hips up, then thrust your hips downwards and your head upwards. Reverse the move to go back to the start.



# SINGLE-LEG BOX SQUAT

REPS 10 EACH SIDE

'This move lets you build each leg independently without balance becoming a limiting factor,' says Burgess. Position a chair behind you, stand on one leg, then sit back to the chair. Pause, then stand up.



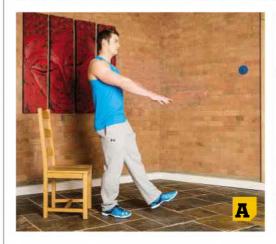
# TRICEPS PRESS-UP

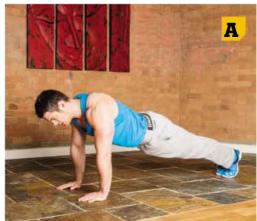
REPS 12

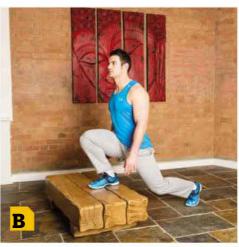
'Because nobody wants to have noodle arms in a mediumsize T-shirt,' says Burgess. No arguments here. Start with your hands shoulder-width apart and keep your elbows tight to your sides, touching your chest to the floor at the bottom of each rep.





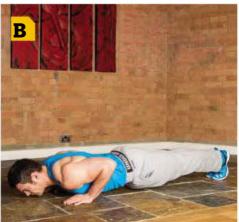


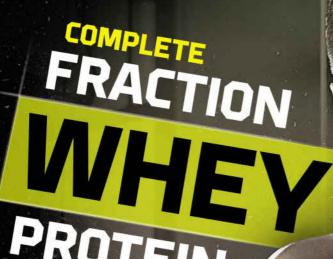












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tests of power, endurance and - frankly - balls you can attempt on two wheels.

Each round of the 2015 World Cup will see Phillips and his competitors complete six races in 2½ hours. Every race is one lap of a violently dipping and peaking 400m course. Dropping from the 8m-high start ramp, they'll hit 65km/h in under three seconds, spring across the first jump and hurtle around the course at an average speed over 50km/h.

'It's a 30-second lap of all-out sprinting,' says the 26-year-old as he teeters at the start, waiting for our signal. On the photographer's mark Phillips drops to the track, driving his legs furiously and crouching low. He glides over the lip of the jump, shunts his weight forward and dives back down in the blink of an eye.

'BMX is comparable to a 400m running race,' Phillips says when we regroup. 'Primarily your lower body is working but

# 'IT'S 30 SECONDS OF ALL-OUT SPRINTING'

you need your upper body to generate power. And as with runners, lactic acid is our enemy.' Between World Cup races, riders have just 25 minutes to recover - yet this is generous compared with his training. 'I do four laps of our track and only give myself half the recovery time,' he says. 'So in competition the 25 minutes feels like a lifetime.'

If you don't have a multi-million pound BMX track at your disposal, a Wattbike can

help you acquire comparable powers of recovery. When Phillips was injured just before the London Olympic Games, he used a Wattbike for intervals: six-second sprints followed by six seconds of rest, repeated five times. Rest for five minutes, then do it all over again - twice. 'It's horrendous but if you're looking for quick gains and are willing to suffer, it's a really good exercise,' says Phillips. 'To benefit you've got to go at your absolute maximum from the very first sprint. If you're not sick at the end you haven't gone hard enough.'

#### **BREAKNECK SPEED**

Phillips used this drill to stay in shape when injuries kept him off his BMX. 'Ten weeks before the Olympics I crashed when defending my title at the world championships. I broke my collarbone, shoulder blade and ribs. In the past I've dislocated all four metacarpals in my right hand in one go. Trying to



brace my fall I've splintered both ends of my radius. The speeds are so high. If you make a mistake you're on the deck. The surface is so hard, you're basically landing on concrete.'

In 2010, his injuries had opened up an unexpected door to track cycling. 'I did some crossover training in the velodrome and was producing times on a basic aluminium track bike that showed I had the potential to do a cracking standing lap,' says Phillips. British Cycling's performance director Shane Sutton invited him to earn his place as 'man one' for the Olympic team to lead out the likes of Hoy and Jason Kenny.

Phillips's aptitude for the track came as no surprise to his coaches. 'Liam holds most of the physical records in the labs,' says GB Cycling's S&C coach Joe Hewitt, who oversees the centre's fantastical array of forcegenerating squat contraptions – including a 'myothruster', which allows athletes to squat while lying horizontal to remove pressure on

the spine. 'He's one of the strongest lifters we've got and posts some of the biggest numbers for squats. He's as big in the lower body as any of the top track sprinters.'

#### **POWER HUNGRY**

Phillips owes his power to a period of self-improvement he undertook the year before he impressed Sutton in the velodrome. 'In 2009 I knew I wasn't strong enough to compete with the best in the world so I sacrificed a whole year,' says Phillips. 'I was in the gym five times a week. I went from a max squat of 150kg to 195kg for three in six months [see the box on p120 to find out how]. The important things were volume, intensity and repetition. I trained my legs every Monday, Wednesday and Friday. Every session was extremely tough - but I never missed one.'

For power and strength, Phillips typically did four five-rep sets of squats or trap bar deadlifts. Then to make his muscles grow he'd inflate the volume using the leg press and myothruster. 'Now I use specific methods such as pause squats [where you pause at the bottom of the move and explode out] to get stronger in the bottom of a squat. Those details come after you've built that foundation.'

To match his gains in the gym his diet had to step up a gear too. 'I constantly eat. Getting the calories in on rest days is important because when I'm training it's hard to consume enough.' Phillips has recently found a quick fix to help him achieve this: the Nutribullet processor. A particular favourite is his protein pancake mix - a combo of cottage cheese, oats and eggs. To complement the pancakes, Phillips has meal replacement shakes before bed and two during the day on training days. 'They contain carbs, protein and lots of vitamins and minerals like vitamins D and B12 to keep my energy and immunity



up,' he says. 'If you don't like protein shakes, this sport isn't for you.'

#### **BACK OFF TRACK**

Phillips's time in the velodrome turned out to be short-lived – the lure of the BMX track proved too strong. 'BMX is a massive physical and technical challenge, whereas the velodrome is all physical. I found that hard to deal with.' When he told his performance director, Sutton said he'd been expecting it. 'Track racing had kept me injury-free, and I felt completely rejuvenated, but I realised why I'd raced BMX for 20 years.'

Pretty soon his decision paid off. Although a clipped wheel in the 2012 Olympic final cost him a podium finish, the next year he won the world championships, claiming the victor's rainbow jersey, although it has since been taken by his archrival, Australian Sam Willoughby. 'He gets me out of bed every day,' Phillips says. 'Even when I was world champion, I thought that, with his physicality and technicality, he was the best in the world. That's what I want to be.

'I loved wearing the rainbow jersey more than anybody ever has in BMX. It was an honour, something I'd dreamed of as a kid and worked my arse off every single day for. So to wear that again would be a dream.' With his powers of recovery and his power outputs in the lab, it would be no surprise if Phillips's pursuit of the rainbow jersey also leads him to a pot of Olympic gold.

Follow Liam Phillips on Instagram @liamphillips65

#### PUMP UP THE VOLUME

The leg workout that got Phillips posting record numbers in the gym





#### BOX JUMP

SETS 3 REPS 5

After a ten-minute warm-up on the bike, set a box as high as you can jump. Lower into a quarter squat and explode up. Land under control and step down.

Phillips says 'Don't be afraid of missing a jump. If you're not pushing your boundaries you won't get any better.'





#### 2 TRAP BAR DEADLIFT

SETS 4 REPS 5

Squat down and grab the handles, keeping your chest up and your back flat. Keep your core strong as you drive through your heels to stand.

Phillips says 'This should be your heaviest

Phillips says 'This should be your heaviest load, so do it while you're still fresh.'





#### 3 LEG PRESS

SETS 4 REPS 5

With your lower back against the seat, put your feet on the platform, shoulder-width apart. Brace your core and drive through your heels to straighten your legs.

Phillips says 'The leg press allows you to get in extra volume in a safer way than doing squats.'





#### LEG PRESS 'THROW'

SETS 4 REPS 5 EACH LEG

Set up as in the double leg press. Drive explosively through the heel of one leg to straighten it. Complete all the reps on one side, then switch legs.

Phillips says 'Use a lighter weight and move it as quickly as possible to build power.'

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#### THE COACH

Luke Chamberlain is the health and fitness manager of Fitness First's



flagship Bishopsgate gym in London and the founder of Impulse Fitness (impulsefitness.london), specialising in performance and rehabilitation from beginner to elite level.

#### THE GOAL

'Spending all day sitting down, whether you're working at a desk or just parked on the sofa, can lead to damaging restrictions in movement and mobility,' says Chamberlain. 'This workout can prevent common injuries that result from this inaction and will make your body better prepared for exercise. But it's ideal for those with more active lifestyles, too - the dynamic movements and isometric holds will improve muscle activation and range of motion, increase your heart rate and raise your core temperature in preparation for your workout.'

#### THE WORKOUT

'You can do these moves as a warm-up but they also work as a quickfire circuit during a break in your nine-to-five to reverse the negative effects of sitting hunched over your keyboard. The exercises work best as a circuit. Do all the exercises in order without rest and complete a minimum of two rounds. With each round you should feel and see an improvement in your range of motion, balance and control.'

Get the interactive version of this workout in the digital edition of Men's Fitness AVAILABLE ON IPAD, IPHONE, KINDLE FIRE, ANDROID AND WINDOWS





# CLOCK LUNGE

Stand on one foot and imagine you're on a clock face. Place your non-standing foot at 12 o'clock in front of you, then step back and place it at 6 o'clock, then 3 o'clock and across your body to 9 o'clock. That's one rep. Start with a step and increase the range with every rep until you reach a lunge. Then switch legs.

BEGINNER 5 REPS EACH LEG
INTERMEDIATE 5 REPS EACH LEG,
HOLDING DUMBBELLS
ADVANCED 5 REPS EACH LEG, HOLDING
KETTLEBELLS OVERHAD



#### 3 LUNGE THRUST

Start in a straight-arm plank position, then bring one foot forward and plant it outside your hand, driving your hips towards your hands as your foot lands. Return to the start, then bring the other foot forward. Keep alternating for the prescribed time, and keep your core braced throughout.

BEGINNER 15SEC INTERMEDIATE 30SEC ADVANCED 45SEC



#### 5 INTERNAL HIP HOLD

Start in a straight-arm plank position. Bring one foot underneath your body and place it outside the opposite leg. Slowly lower your hips towards the floor and hold. The target is to achieve a 90° angle with your legs so your hips are close to the floor. Brace your core and relax your shoulders.

BEGINNER 10SEC HOLD EACH SIDE
INTERMEDIATE 20SEC HOLD EACH SIDE
ADVANCED 30SEC HOLD EACH SIDE



# WIDE SQUAT

Start in a straight-arm plank position. Jump both feet forward at the same time so your feet land just outside your hands. Drive your hips towards your hands as your feet land, then jump your feet back to the start position. Keep your core braced throughout.

BEGINNER 15SEC INTERMEDIATE 3OSEC ADVANCED 45SEC



# 4 THORACIC ROTATION

Start in a straight-arm plank position, then bring one foot forward until it's planted outside your hand. Take the opposite hand off the floor, then turn your torso to open your chest, point and look towards the ceiling. Brace your core and keep your back leg straight.

BEGINNER 15SEC HOLD EACH SIDE INTERMEDIATE 30SEC HOLD EACH SIDE ADVANCED 45SEC HOLD EACH SIDE





# EXTERNAL HIP HOLD

Start in a straight-arm plank position. Bring one foot away from your body. Slowly lower your hips towards the floor and hold. The target is to achieve a 90° angle with your legs so your hips are close to the floor. Brace your core and relax your shoulders.

BEGINNER 10SEC HOLD EACH SIDE
INTERMEDIATE 20SEC HOLD EACH SIDE
ADVANCED 30SEC HOLD EACH SIDE



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# INJURY-PROOF YOUR. WRIST & HAN

Wrist problems? No jokes, please - they're a painful business.

Avoid any issues with our expert's advice



Wes Tubb is an osteopath and personal trainer with over 12 years' experience helping treat a wide range of musculoskeletal injuries from his

practice in west London (wesjames.co.uk).

he wrist and hand complex is made up of 28 bones and 14 joints, allowing it to be flexible enough to perform many intricate movements, but also making it vulnerable to injury,' says Tubb. 'Most of the muscles that control the wrist and hand originate in the forearm, with long tendons attaching to the bones in the hand.'

#### **WRIST SPRAIN**

"The ligaments supporting your wrist can easily be sprained in sports involving direct force going through the joint, such as when handing off in rugby or doing a handspring in gymnastics."

'Strengthening the forearm muscles that control the wrist will help. Target them directly with wrist extensions – holding light dumbbells, rest your forearms on a bench and curl your wrists up and down. You can also target them indirectly by using Fat Gripz when doing pulling exercises like chin-ups and deadlifts.'

#### CARPAL TUNNEL SYNDROME

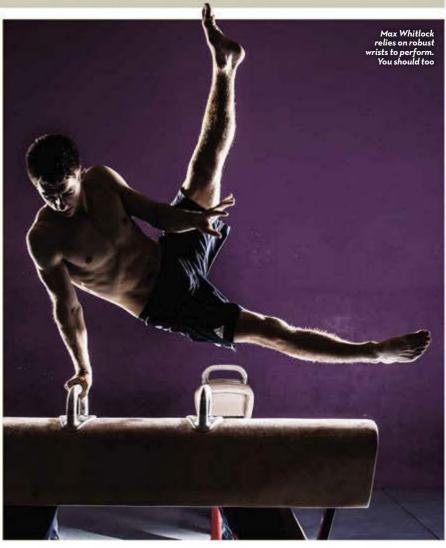
'Flexor tendons and nerves have to pass through a small space called the carpal tunnel. Inflammation of these tendons caused by repetitive strain, such as too much computer work or even from too much wrist flexion when doing biceps curls, can lead to compression of the median nerve. This leads to pain, numbness or pins and needles in your wrist and hand.'

#### DREVENT IT

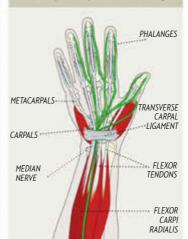
'In the gym, use a hammer grip when doing biceps curls to keep your wrist straight. At work, take regular breaks from your desk and stretch your forearms (by bending your palms back for ten seconds) and your pec muscles too (by stretching your chest using a door frame). Tightness in your pecs caused by poor posture can compromise vascular drainage of your arm and encourage inflammation.'

#### **FINGER STRAIN**

'Straining the fingers' tendons is common in contact sports such as MMA, rugby and climbing. This can cause problems in the nearest phalangeal joint, characterised by swelling and bruising in the knuckle and base of the finger.'



#### **ANATOMY OF THE WRIST**



#### PREVENT IT

'Strengthen your fingers with finger pull-ups. Instead of a full grip on the pull-up bar, hook your fingers over it. This is demanding, so start with a low volume and increase the reps over time.'

#### CALLUSES

'Developing calluses is an inevitable part of weight training. Constant pressure on your palms at the base of your fingers causes the skin to thicken to protect the joints underneath. These may become blistered and rip open, taking time to heal and preventing you from training.'

#### PREVENT IT

'Prevent the skin being trapped under the bar by using a hook grip when doing deadlifts, bent-over rows and other heavy pulling lifts. Grip the bar with your palm and thumb first, then tightly grasp the bar and your thumb with your fingers.'





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# TRIATHLON

GB's Olympic champion Alistair Brownlee shares the tips that helped him master all three disciplines

al make-up: in the 26 years since the International Triathlon Union formed, a Great British athlete has been crowned men's world champion ten times. Triathlons are also the new gold standard of cardiovascular fitness and willpower - an opportunity to test your swimming, cycling and running credentials in race conditions across manageable distances (the Olympic event features a 1.5km swim, 40km bike and 10km run). Here, reigning Olympic, European and Commonwealth champion and two-time ITU world champ Alistair Brownlee outlines what you need to know to compete.

#### 1. GO WITH YOUR FLOW

Establish an efficient swimming race pace in training so you know how hard you can push for a sprint finish. I estimate mine at 70 seconds per 100m. I use this drill to test it: swim 200m at a pace ten seconds slower, then another 200m 20 seconds slower, then 100m at race pace, making a note of how out of breath I am. I want to feel like I could hold that pace indefinitely.'

#### 2. DON'T DITCH THE WEIGHTS

'Most of my training is outdoors, but I do use the gym to strengthen my core, lower back and calves. The aim is functional strength and injury prevention. I have problems with my ankles, so weighted step-ups and calf raises help protect and strengthen them.'

#### 3. BLAZE A TRAIL

'I mainly run off-road on soft ground to save my joints. Get used to transitioning from the bike to the run by doing back-to-back bike and run sessions.' Do at least one each week in the four weeks before a race.

### 4. OVERCOME YOUR ANXIETY

'The swim puts a lot of people off so break it down into smaller chunks in your training. Find a tri club with a lake and spend time there wearing your wetsuit - you'll feel a lot more buoyant than just in your swim suit.'

#### TANKED UP MaxiNutrition expert Eric Johnstone explains how to fill your engine with the right fuel



#### **UP YOUR INTAKE**

'New research shows that increased carb intake during the three days before

your race, coupled with training less, improves the amount of energy you store. Aim for 5-7g of carbs per kg of bodyweight each day, split over five small meals.'

#### SWEETENLIE

'Three to four hours before the start of the race, eat a bowl of porridge and water with honey or two slices of toast with jam. Foods with too much fat and fibre will slow your digestion rate and could force you to take a toilet detour mid-race, so avoid those.'

#### LITTLE AND OFTEN

'For an Olympic-distance race, consume 30-50g of quick-release carbs every hour. Strap an isotonic drink and energy gels or bars to your bike. To hydrate, take two to three mouthfuls every ten to 15 minutes on the bike and the run so it's not sloshing about in your stomach.'

#### RECOVER FAST

'The sooner you eat after a race, the quicker you'll recover. Eat 20g of protein and 1g of carbs per kg of bodyweight over the space of three hours. Drink water at your race ratio until you're rehydrated – which is when your urine is almost colourless.' maxinutrition.com

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This flat race starts and finishes at the ExCeL Centre - the ride snakes around Canary Wharf, the run skirts the waterfront and the swim disturbs the water of the dock itself. The cheers of the 30,000 spectators will keep you going. thelondontriathlon.com

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This full triathlon with an off-road twist is one of the most gripping and gruelling races of the year. After a deep-water start, you swim St Mary's Loch, switch to a mountain bike to hit the rolling hills and end with a 10km off-road trail run.

durtyevents.com

# 

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Kre-Alkalyn® is a form of micronised creatine monohydrate, with superior absorbency and none of the side effects associated with traditional creatine supplementation. It combines this with Coffeine™ (caffeine from natural coffee bean extract), betaalanine, CoQ10, carnitine, cayenne and BioPerine® black pepper extract. www.olympushealth.com



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A bowl of Muscle Mousse before bed could help you build muscle while you sleep and stop cravings for unhealthy snacks. Each serving of this delicious mousse provides you with 30g slow-release protein at only 190 calories. Available at all GNC stores and online. www.gnc.co.uk

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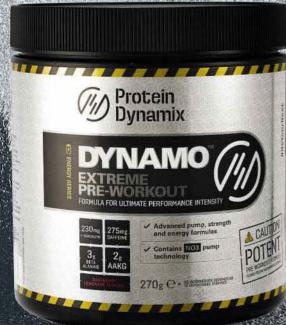
Multipower's new 100% Pure Whey Protein offers 80% high-quality protein from three sources: whey protein isolate, concentrate and hydrolysate. Each serving is packed with 24g pure protein (including 5.7g BCAAs and 3.8g L-glutamine) and only 1.4g carbs. Available in five flavours. www.multipower.com

ingredients and packed with 10g protein, Trek bars will power you through the toughest race, gym session or keep you going when you need it most. They're free from gluten, wheat and dairy too. www.trekbaruk.com

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5





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#### Park the weights and harness your own bodyweight with this four-week gym-free plan

he power is in your hands. And in your arms, legs and torso too. 'Bodyweight training is strength training,' says coach Andy McKenzie, who devised this plan. 'It's all you need to stay in shape for life.'

The plan is beginner-friendly and designed to help you burn fat, but it will also make you stronger and keep challenging you because, as your muscle mass grows, the bodyweight you're shifting is growing too.

The exercises can be performed at home or in the park. All you need is a TRX or rings for suspension moves, and a sturdy branch to substitute for the moves that need a pull-up station.

Week one focuses on strength and power with sprint finishes to maximise fat loss. In week two the intensity steps up with timed sets and max-rep moves. 'These build serious muscle and functional strength,' says McKenzie. Weekly core-focused days fix any chinks in your body armour, helping both bodyweight training and compound lifts, so when you return to the barbell you'll be punching it through the roof.

## THIS MONTH'S TRAINER



**ANDY McKENZIE** is a respected strength

coach, speaker and educator in the fitness industry and an expert in bodyweight and core conditioning. He owns the Training Lab in East Sussex (ironmacfitness.com).

#### **HOW TO DO THESE WORKOUTS**

This four-week workout plan includes two lowerbody, two upper-body, two full-body and two core routines. Follow them in full or pick routines or moves to add to your regular training.

**WEEKS 1 + 2** Ideally you'll do four workouts a week in the order in which they're laid out. Each workout is made up of six exercises. Keep a close eye on the rest and tempo for each move.

**WEEKS 3 + 4** Repeat the first two weeks but add one set to each of the core exercises. For the strength-based exercises of three to five reps, aim to add one or two more reps.

## **WEEK 1**

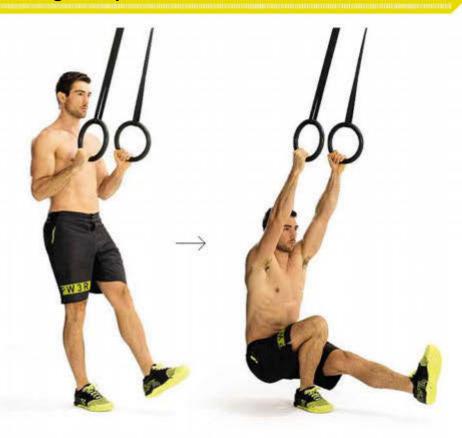
Build a base of strength and power with these four workouts

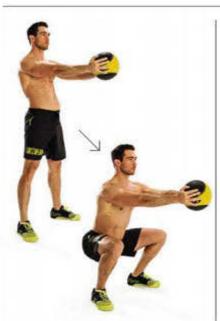


#### 1// RING-ASSISTED PISTOL SQUAT

SETS **5** REPS **4 EACH SIDE** TEMPO **2010** REST **45SEC** 

Stand on one leg, with the other off the floor and straight in front of you, holding the rings to maintain your balance. Bend your standing leg to lower into a single-leg squat, then press back up to stand. Aim to use the rings as little as possible.





#### 2// MEDICINE BALL SQUAT

SETS 4 REPS 6
TEMPO 4410 REST 60SEC

Stand holding a medicine ball in front of you, feet shoulder-width apart. With your chest high and core tight, lower into a squat so your thighs are below parallel to the floor. Don't let your heels rise off the floor. Drive back up through your heels to stand.



#### 3A// TRX HAMSTRING CURL

SETS 3 REPS 12 TEMPO 2010 REST OSEC

Sit on the floor in front of the TRX, place both heels in the loops and lie back, lifting your hips off the floor. Keep your feet flexed towards your shins and your knees close together. Press your heels into the foot cradles, raise your hips and pull your heels towards your glutes. Return to start position.



#### 3B// TRX REVERSE LUNGE

SETS 3 REPS 12 EACH SIDE TEMPO 2010 REST 60SEC

Holding the TRX handles, take a big step back with one foot, keeping your back upright and your front knee in line with your front foot.

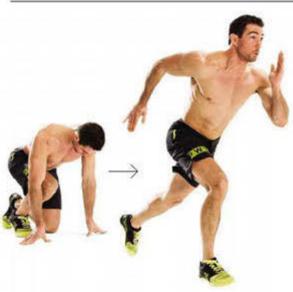
Lower until your back knee is just off the floor, then drive through the heel of the front foot to return to the start position. Alternate legs.

#### **TEMPO EXPLAINED**

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift the weight and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.

#### SUPERSETS EXPLAINED

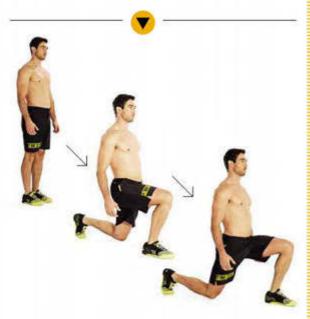
In a superset such as this, complete a set of exercise A and then move straight on to a set of exercise B without rest. Then rest as instructed and go back to exercise A.



#### 4A// SPRINT

SETS 2 DISTANCE 50M TEMPO N/A REST OSEC

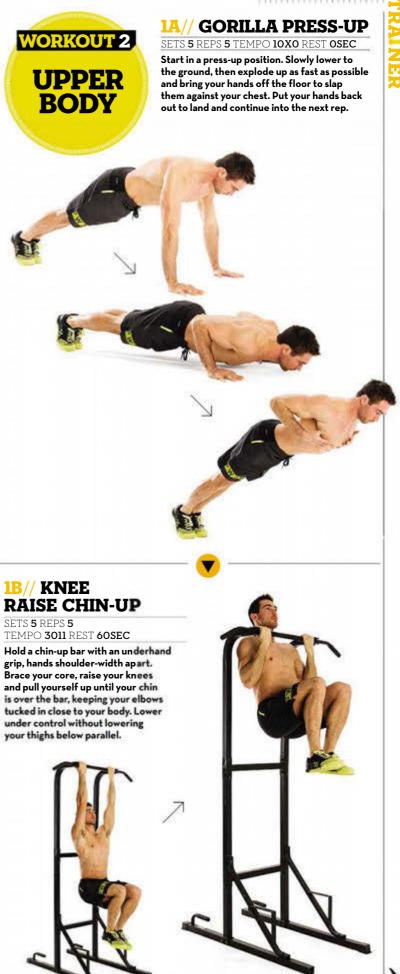
Drive powerfully with each step, keeping your core tight but shoulders relaxed. Drive off the balls of your feet, bring your knees high and pump your arms to generate momentum. If there's no room, run on the spot instead.



#### **4B// WALKING LUNGE**

SETS 2 DISTANCE 50M TEMPO 1010 REST 60SEC

Lunge forwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand. Continue straight into a lunge with your other leg.



#### 2A// MEDICINE BALL PRESS-UP

SETS 4 REPS 10 TEMPO 2010 REST OSEC

Kneel in front of a medicine ball. Put your hands on the ball so your thumbs are almost touching and fingers are pointing diagonally away from you. Press down on the ball to raise your body into a press-up position, with feet hip-width apart. Bend your arms to lower your chest to the ball, then press back up.

Hole hang your Squ your arm hand

McKENZIE SAYS 'PERFORM THESE WITH ONE HAND ON THE MEDICINE BALL AND THE OTHER ON THE FLOOR FOR A VARIATION TO BUILD STRENGTH FOR ONE-ARM PRESS-UPS'

#### 2B// TRX ONE-ARM ROW

SETS 4 REPS 10 TEMPO 2010 REST 60SEC

Hold the TRX handles with one hand and hang so your body forms a straight line with your heels on the floor and your core braced. Squeeze your shoulder blades together and pull yourself up with one arm, keeping the other arm extended in front of you and drawing the handles towards your armpit. Return to the start.

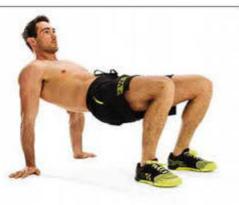


#### <mark>3A</mark>// BEAR CRAWL

SETS **3** DISTANCE **20M** TEMPO **N/A** REST **OSEC** 

Get on all fours, with your arms and legs slightly bent and your hips raised as high as possible. Keeping your hips high and your core strong, crawl forwards. Keep the move slow and controlled.



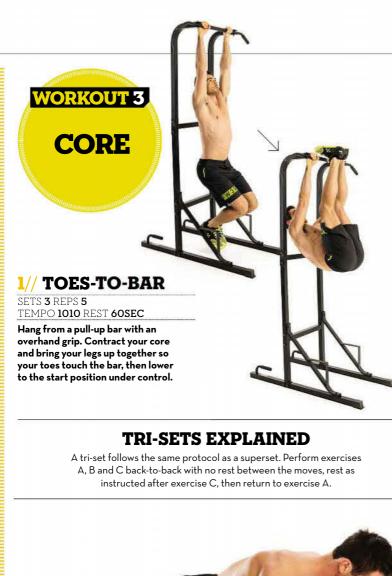


#### **3B// CRAB WALK**

SETS 3 DISTANCE 20M TEMPO N/A REST 45SEC

Sit down and put your hands and feet on the floor. Drive your hips up and engage your glutes to keep them high as you walk forwards in the direction of your knees.



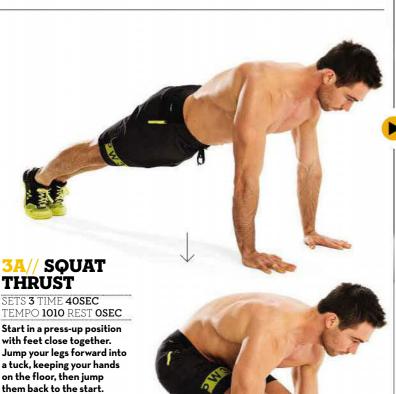




#### HANGING KNEE RAISE

SETS 3 REPS 12 TEMPO 1010 REST 60SEC

Hang from a pull-up bar with an overhand grip. Contract your core and bring your knees up together until they're level with your chest, then slowly lower to the start position under control.





#### 3B// SPRINT

SETS **3** TIME **20SEC** TEMPO **N/A** REST **OSEC** 

Drive powerfully with each step, keeping your core tight but shoulders relaxed. Drive off the balls of your feet, bring your knees high and pump your arms to generate momentum. If there's no room, run on the spot instead.



#### 3C// FRONT LEANING REST

SETS **3** TIME **60SEC** TEMPO **N/A** REST **60SEC** 

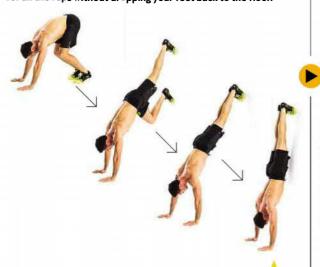
Start in a press-up position with your hands shoulderwidth apart and feet together. Keep your body in line and hands directly under your shoulders. Squeeze your abs and core to help you keep your hips up.



#### 2A// HANDSTAND WALL WALK

SETS 5 REPS 5 TEMPO N/A REST OSEC

With your back to a wall or strong tree, put your hands on the floor. Keeping your arms straight, core engaged and shoulders strong, walk your feet up the wall. Once your body is in a straight line, walk your hands back towards the wall, shuffling your feet up as you get closer. Walk your hands back out again, then repeat for all the reps without dropping your feet back to the floor.



McKENZIE SAYS

TO BUILD STRENGTH **AND STABILITY IN YOUR SHOULDERS'** 



SETS 5 REPS 5 TEMPO 2010 REST 60SEC

Hold a chin-up bar with an underhand grip, hands shoulderwidth apart. Brace your core and pull yourself up until your chin is over the bar, keeping your elbows tucked in close to your body, then lower under control.







#### **3A// DIAMOND PRESS-UP**

SETS **5** REPS **MAX** TEMPO **2010** REST **OSEC** 

Perform a standard press-up but with the tips of your thumbs and forefingers touching to make a diamond. Lower until your chest almost touches your hands, then press back up until your arms are straight.

#### **3B// TRX INVERTED ROW**

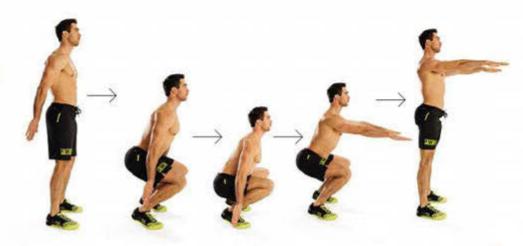
SETS 5 REPS MAX TEMPO 2010 REST 45SEC

Hold the TRX handles and hang so your body forms a straight line, with your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly. If this isn't challenging enough, rest your feet on a box as shown.

# WEEK 2

Step up the challenge with timed sets and max efforts to build rock-solid muscle





#### 1// HINDU SQUAT

SETS 5 REPS 20 TEMPO 3030 REST 60SEC

With feet shoulder-width apart, inhale deeply and draw your hands towards your chest. Then point them down and slightly behind you as you slowly squat down, keeping your back upright. Exhale as you lower as far as you can, aiming to be up on your toes at the bottom of the squat. Stand slowly, pressing your heels to the floor and bringing your arms back in front of you so they're parallel to the floor. Continue into the next rep without pausing.

McKENZIE SAYS
'HINDU SQUATS BUILD SERIOUS
STRENGTH ENDURANCE AND,
WHEN DONE RIGHT, KEEP
YOUR KNEES HEALTHY'



#### **2A// TRX JUMP SQUAT**

SETS 4 TIME 20SEC TEMPO 10X0 REST OSEC

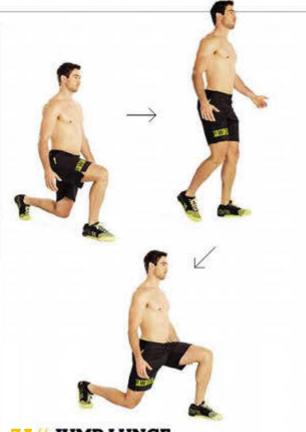
Stand facing the TRX, holding the handles with a neutral grip. Keep your arms straight and lower into a squat position until your legs are parallel to the floor. Explode upwards, pressing through your heels and driving your hips forwards to power the movement. Land with soft knees and repeat.



#### **2B// PRISONER SQUAT**

SETS 4 TIME 40SEC TEMPO 1010 REST 60SEC

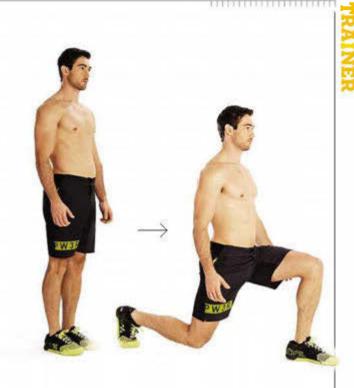
Stand with your feet shoulder-width apart and hands behind your head, fingers interlocked, with your elbows wide to keep your chest up. Squat down so your thighs go lower than parallel to the floor then drive back up, pressing through your heels.



#### **3A// JUMP LUNGE**

SETS 3 TIME 10SEC TEMPO 10X0 REST OSEC

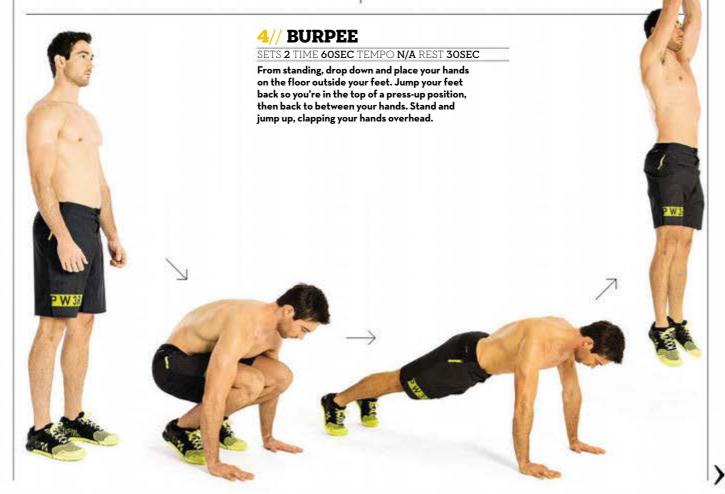
Start in a forward lunge position with your hands on your hips for balance. Jump off the ground by driving up with your front leg. Swap your legs over in mid-air so you land with the other leg forward. Alternate legs.



#### **3B// REVERSE LUNGE**

SETS 3 TIME 20SEC TEMPO 1010 REST 45SEC

From standing, take a big step backwards, keeping your back upright and your front knee in line with your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand. Continue straight into a reverse lunge with your other leg. Alternate legs.

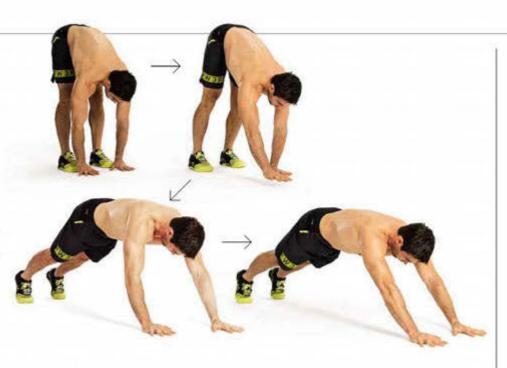




#### 1// HAND WALKOUT

SETS 1 TIME 5MIN TEMPO N/A REST 60SEC

Stand with your feet together and legs straight. Hinge forwards at your hips and put your palms on the floor close to your feet. Keep your head tucked in and walk your hands out until you're as stretched out as you can manage, then walk them back to your feet.





#### 2A// RUSSIAN **PRESS-UP**

SETS 4 REPS 5 TEMPO N/A REST OSEC

Start in a press-up position. Lower until your chest is just off the floor then push your body backwards, raising your hips and bringing your elbows down to touch the floor. Reverse the movement into the bottom of the pressup and drive up to the start.



#### 2B// LEAN BACK **CHIN-UP**

SETS 4 REPS 5 TEMPO 3110 REST 60SEC

Hold a bar with an underhand grip, hands shoulder-width apart. Brace your core and contract your upper back muscles so that you lean back away from the pull-up bar. Keeping your upper back contracted, pull yourself up until your chin is above the bar, then lower under control.



McKENZIE SAYS 'FOR THE PERFECT MIX, LEAN BACK CHIN-UPS

TARGET YOUR BACK ON THE **WAY UP AND LOAD YOUR BICEPS ON THE WAY DOWN'** 

#### **3A// WIDE PRESS-UP**

SETS 3 REPS 15 TEMPO 3111 REST OSEC

Start with your hands double shoulder-width apart and body straight from head to heels. Lower your chest towards the floor until your elbows reach 90°, then press back up until they're fully straight.



#### // RING FACE PULL

SETS 3 REPS 15 TEMPO 2010 REST 45SEC

Hold the rings with your palms facing and hang so your body forms a straight line, with your heels on the floor and your core braced. Pull yourself up, drawing your hands towards your face and then out to your sides with your arms bent, squeezing your shoulder blades together.



#### 4// MEDICINE **BALL SLAM**

SETS 2 TIME 30SEC TEMPO 10X0 REST 30SEC

Hold a medicine ball in both hands and stand with feet shoulder-width apart. Raise the ball high, rising onto the balls of your feet, then contract your core as you powerfully slam the ball into the floor in front of you. Catch the ball as it bounces up and continue into the next rep.



#### 1// HOLLOW HOLD

SETS 3 TIME 30SEC TEMPO N/A REST 60SEC

This isometric exercise works all the muscles of your front abdominal wall. Lie on your back and raise your arms, head, upper back and legs off the floor. Contract your abs to hold this position. If you can't hold it for the required time, do it in chunks with five seconds' rest between each.



# McKENZIE SAYS 'IT MIGHT LOOK TOUGH BUT GET THIS RIGHT AND

YOU'RE ON YOUR WAY TO THE AWE-INSPIRING FRONT LEVER'



## 2B// CROW STAND

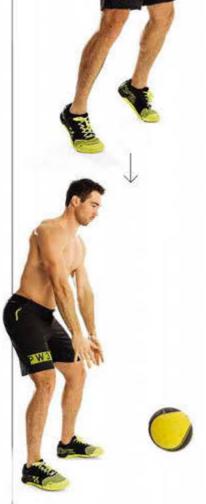
SETS 4 TIME MAX HOLD TEMPO **N/A** REST **60SEC** 

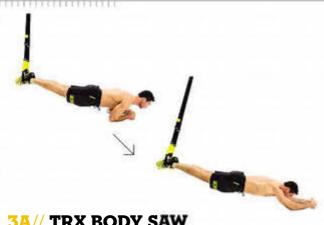
Put your palms on the floor, fingers pointing away from you, and wedge your elbows against the inside of your knees. Keeping your core engaged, lean forward to take all your weight on your hands - it might take a bit of trial and error to get your balance, so do it on a mat.

#### **2A// FRONT LEVER TUCK HOLD**

SETS 4 TIME MAX HOLD TEMPO N/A REST OSEC

Grasp a bar with an overhand grip and hang from it, contracting your upper back muscles. Contract your core and bring your knees up between your arms until your back is parallel to the floor. Hold this position for as long as you can.





#### **3A// TRX BODY SAW**

SETS 3 REPS 12 TEMPO 2020 REST OSEC

Get into a plank position with your feet in the TRX loops. Keep your core braced and hips up to keep your body in a straight line. Press your elbows into the floor to slowly rock forwards and backwards.



#### **3B// MOUNTAIN CLIMBER**

SETS 3 REPS 12 EACH SIDE TEMPO N/A REST 60SEC

Start in the top of a press-up position. Keeping your shoulders locked, jump each foot forward in turn so your knee comes towards your elbows but your hands stay on the ground.



#### **4// TABLE TOP BRIDGE**

SETS 3 TIME MAX HOLD TEMPO N/A REST 30SEC

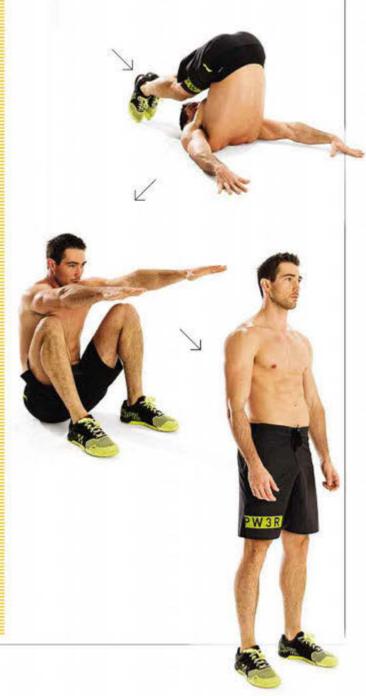
Sit on the floor with your feet hip-width apart and your palms on the floor. With your arms straight, squeeze your glutes and drive your hips up until your body is parallel to the floor from shoulders to knees.



#### 1// DECK SQUAT

SETS 1 TIME 5MIN TEMPO N/A REST 60SEC

From standing, lower into a squat with your arms out in front and let yourself drop into a backwards roll. Bring your legs over your body so your weight is supported by your upper back and shoulders, not your neck. Press your hands into the floor to reverse the move so your legs come forward, and contract your core and use the momentum to rise back to standing.



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## **2A//** DIVEBOMBER PRESS-UP

SETS 4 REPS 20 TEMPO 2020 REST OSEC

Start with your feet shoulder-width apart, hips high and head tucked in to keep your spine neutral. Keeping your legs straight, bend your arms to bring your head towards the floor then push through and up, arching your back but keeping your waist off the floor. Reverse the move to return to the start position.

#### **2B// ONE-ARM HANG**

SETS 4 TIME 30SEC TEMPO N/A REST 60SEC

Grab the bar with an overhand grip, alternating hands as necessary. Allow yourself to swing slightly. The more you swing, the harder it will be.



#### **3A// RING DIP**

SETS 3 REPS MAX TEMPO 2010 REST OSEC

Hold the rings with an overhand grip, arms extended and palms facing. Lean forward so you recruit your chest muscles. Keeping your arms close to your body, bend them and lower until your hands are level with your chest, then press back up powerfully.



#### 4// CROCODILE WALK

SETS 2 DISTANCE 20M TEMPO N/A REST 30SEC

Start in the bottom of a press-up position. Keeping your arms bent and chest just off the floor, bring one hand and the opposite foot forward. Repeat with the other hand and foot and continue.



#### 3B// TRX INVERTED ROW

SETS 3 REPS MAX TEMPO 2010 REST 45SEC

Hold the handles and hang so your body forms a straight line, with your core braced. Squeeze your shoulder blades together and pull yourself up, drawing your hands towards your armpits. Pause, then lower slowly. If it's not challenging enough, rest your feet on a box as shown.



McKENZIE SAYS 'THESE WILL HELP CONSOLIDATE ALL THE MUSCLES NEEDED FOR PRESS-UPS SO VOLL CAN START

SO YOU CAN START PUTTING TOGETHER SOME BIG NUMBERS'

### **COMING NEXT MONTH**





#### INSTANT IMPROVEMENT

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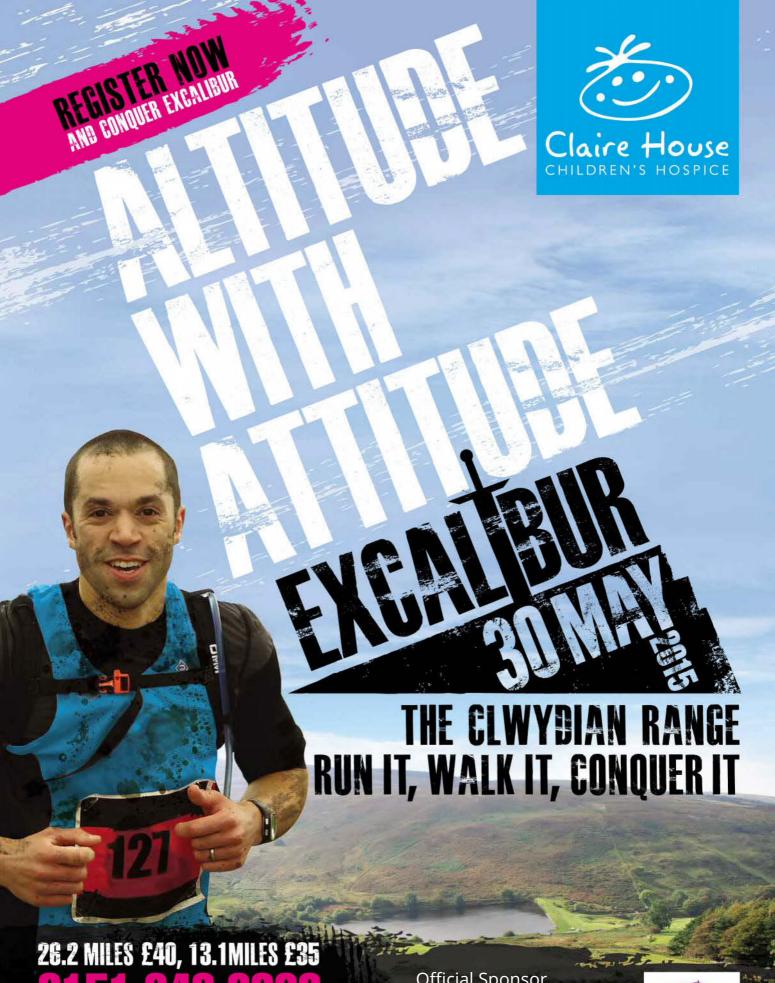
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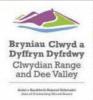


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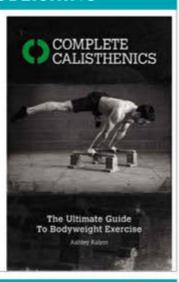


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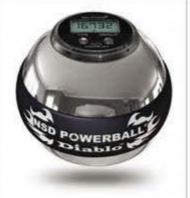
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motion technology

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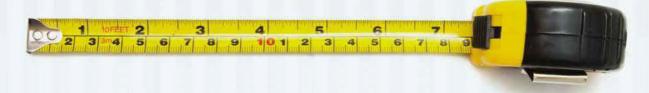
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# BIG DATA

CRUNCHING THE MOST IMPORTANT NUMBERS IN FITNESS THIS MONTH



The new deadlift world record set by British strongman Eddie Hall. Even accounting for the fact that he clocks in at 173kg, that's still 2.67 x bodyweight.



7:23

UFC women's champion Ronda
Rousey's total in-Octagon time
across her five title fights
- less than the length of a
single full-length title bout.
Her most recent defence
ended in 16 seconds.

14%

The increased risk
of coronary artery
calcification linked to
each additional sedentary
hour a day, according to a
study from the American
College of Cardiology.

18.4

The difference in energy expenditure (in j·kg¹·min¹, naturally) between a normal cycling workout (487.4) and one using interactive gamification (505.8) in a PLOS ONE test (on average among its 34 subjects). The game version also rated 21.6 percentage points higher for enjoyment.

4,321

The new record for pull-ups done in a day, set by Mark Jordan of Corpus Christi, Texas. He's 54, in case you're wondering.

HOURS A DAY

Reebok

The feeding window that led to a decrease in ageing- and diet-related heart problems, in a San Diego State University study (on, er, fruit flies).

3,5

The coffee consumption in cups - a day linked to a reduction in coronary artery calcium (a heart disease indicator) in a Korean study.

29%

The increase in risk of death associated with 'social isolation', according to a meta-analysis of studies conducted at Brigham Young University in the US.

The perfect place to make friends? The gym.

52.491km Rohan Dennis (Australia)

52.221km Thomas Dekker (Germany)

51.3km

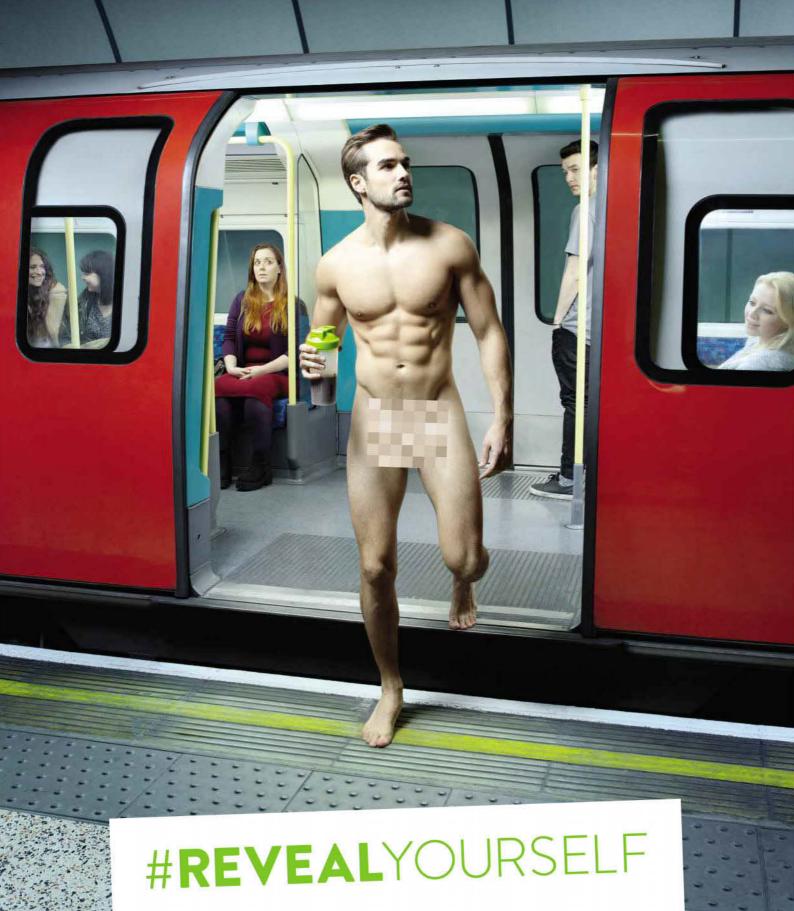
Jack Bobridge (Australia)
50.016km

Gustav Larsson (Sweden)

The distances covered in this year's attempts at the Hour record, in which cyclists ride as far as they can on a track in 60 minutes. Dennis set the new record on 8th February. The first record was set in

record was set ii 1876 by Frank Dodds, who rode 26.5km on a

penny farthing.



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